YOUR COOKERY GUIDE

GENEROSA DE LEON

Centro Escolar University Manila, Philippines

YOUR COOKERY GUIDE

THE COOK'S CREED

(Adapted)

Maintaining the health of my family depends in a large measure on the food I serve; *therefore—*

I will take care to prepare and cook all foods in a way to preserve a maximum of their nutrients.

My family's enjoyment of food is in my care; *therefore—*

I will prepare and serve all foods as appealing to the eye and palate as I can.

Stretching the food peso is part of my responsibility; *therefore—*

I will take such care of foods that none will spoil.

I will use left-overs with thought and skill.

Well-prepared foods and appetizing meals are creative achievements; *therefore—*

I shall bring food to the table that satisfies and pleases my family.

[redacted]

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YOUR COOKERY GUIDE

With Colored Illustrations

by

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YOUR COOKERY GUIDE

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CENTRO ESCOLAR UNIVERSITY
Manila, Philippines

Dedicated to the
CENTRO ESCOLAR UNIVERSITY
on its
GOLDEN JUBILEE
1907-1957

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PREFACE

This Cookery Guide has been written as a humble contribution to the preparation of the woman in meeting her most important responsibility in Homemaking and in response to the need of homes and institutional management in general. It is a product of research and experiences acquired throughout the years in which the author has been connected with the preparation of foods in the College of Home Economics and the Culinary Art Department of the Centro Escolar University. It also includes preparations for children and Diet Therapy which are oftentimes neglected in culinary literature.

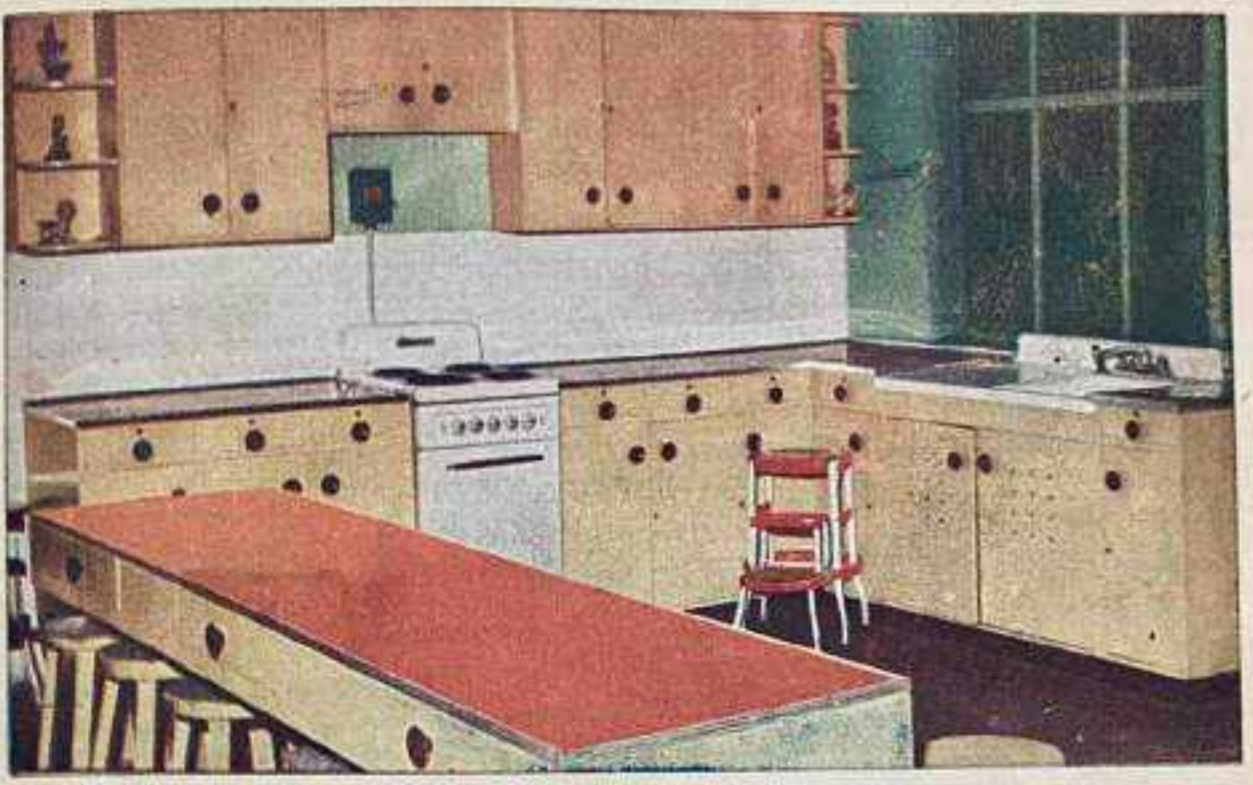
The present work is a resourceful and cultural presentation of foods of different nations with emphasis on Philippine dishes including regional recipes. All have been scientifically prepared, artistically presented, tested and served in the Home Economics classes and on social occasions in the Centro Escolar University.

The colored illustrations, prepared in the University, are portrayals of the refinement appealing to both the eye and the palate without neglecting the requirements of good health.

It is hoped that, by following strictly the instructions for, and specific requirements of, the contents herein presented, the reader will find this book a satisfactory guide.

The Author

Manila, 1958



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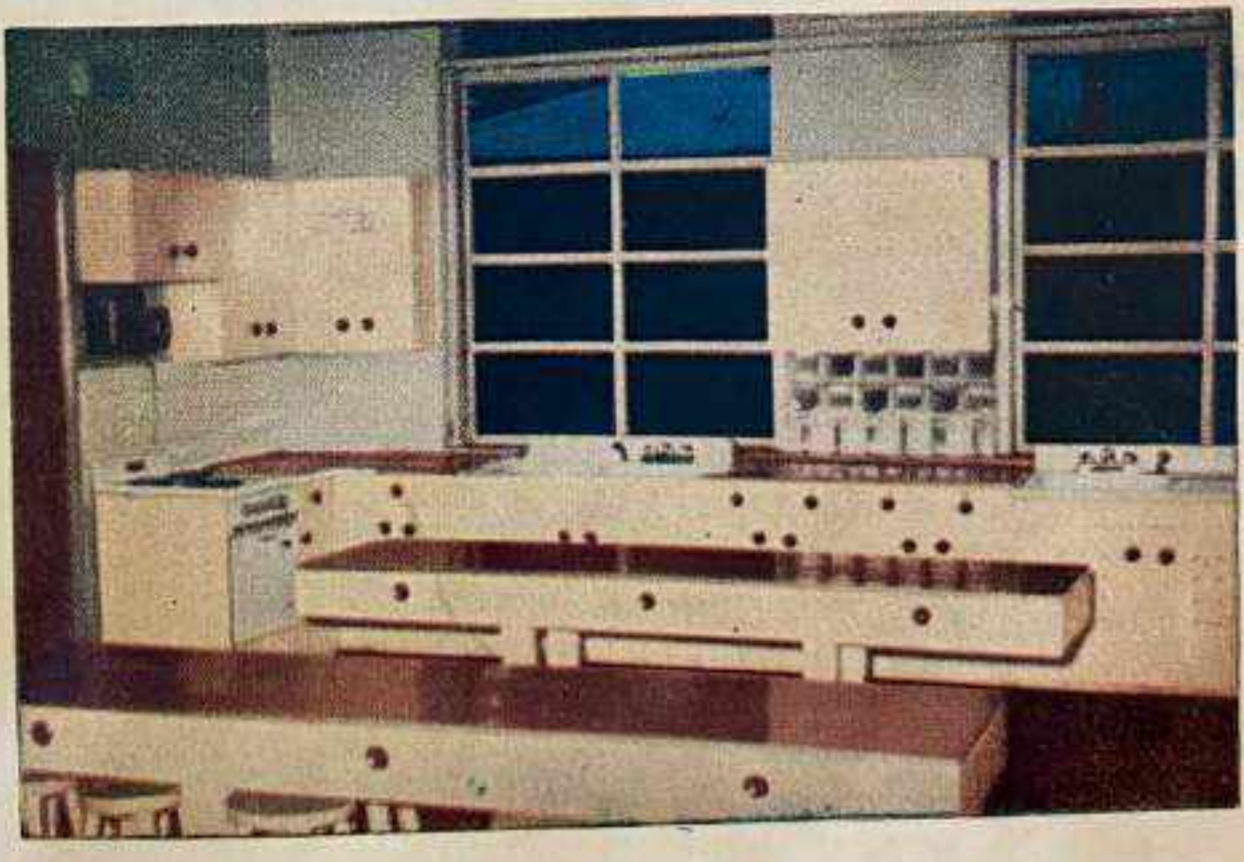

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APPETIZERS

CANAPE BASES

Canapé bases should be dainty but firm enough to be held with the fingers. Plain or toasted bread, crackers, various types of pastry bases, potato chips and many novelty bases serve the purpose. Bread and cracker bases are most commonly used.

All canapé bases other than untoasted bread should be crisp. If they are the least bit limp, heating in a moderate oven about 10 minutes will usually restore crispness.

BREAD BASES

Bread one day old is preferable to fresh bread, except for rolled canapés such as cheese rolls which require soft bread. Cut the bread in thin slices about ¼ inch thick; remove crusts. Cut into desired shapes with sharp knife or cookie cutters. Bread rounds should be from 1¼ to 2 inches in diameter; bread fingers about 1 by 2 inches; squares 1½ to 2 inches; other shapes corresponding in size. Use untoasted bread, or toasted or sautéed on one side.

TO SAUTE BREAD BASES:

Cut the bread into desired shapes. Sauté on one side in a small amount of butter over low heat. Spread topping on the untoasted side and garnish as desired. Toasted or sautéed bread should be used only when canapés are to be served soon after preparation.

CRACKER BASES

Many crisp crackers are suitable for use as canapé bases. They may be simply brushed with melted butter and toasted lightly in a moderate oven or sprinkled before toasting with paprika, onion salt, celery salt, garlic salt or grated cheese.

CANAPE BUTTERS

Combine the softened butter and other ingredients as directed below. Blend thoroughly and store in a covered container in the refrigerator until ready for use. Cream the mixture until of spreading consistency. Spread on the canapé bases and garnish as desired.

ANCHOVY BUTTER:

To ½ cup butter add 2 tablespoons anchovy paste and ½ teaspoon horseradish.

CAVIAR BUTTER:

To ½ cup butter add 3 tablespoons caviar and ½ teaspoon lemon juice.

CHUTNEY BUTTER:

To ½ cup butter add ¼ cup chutney relish.

CURRY BUTTER:

To ½ cup butter add 2 teaspoons curry powder and 1 teaspoon lemon juice.

LEMON BUTTER:

To ½ cup butter add 1 tablespoon lemon juice and ¼ teaspoon grated lemon rind. Lime juice and rind may be substituted.

MUSTARD BUTTER:

To ½ cup butter add 2 tablespoons prepared mustard.

PIMIENTO BUTTER:

To ¼ cup butter add 2 tablespoons pimiento rubbed through a sieve, a dash of cayenne and 1 teaspoon chopped green olives.

ROQUEFORT BUTTER:

To ¼ cup butter add ¼ cup Roquefort cheese and ½ teaspoon Worcestershire sauce.

SHRIMP BUTTER:

To ½ cup butter add 3 tablespoons shrimp paste or purée, 1 teaspoon lemon juice, and ⅛ teaspoon paprika.

CANAPE SPREADS

Most canapé spreads are less soft and smooth than canapé butters and are usually piled more generously on cracker and toast bases. Garnish as desired with sliced stuffed olive, pimiento, parsley, water cress or any other suitable garnish.

CHEESE-OLIVE SPREAD:

Blend ¼ cup grated soft sharp cheese with ¼ cup softened butter; add ¼ cup finely chopped olives. Season to taste with salt, pepper and a dash of Tabasco seasoning.

CHILI-CHEESE SPREAD:

Blend ¼ cup grated cheese with ¼ cup drained chili sauce.

CREAM-CHEESE-CHUTNEY SPREAD:

Blend 1/3 cup package of cream cheese with 1/3 cup chutney.

CANAPES

ALMOND-PARMESAN FINGERS

- 3 tablespoons chopped sweet almonds
- 6 tablespoons grated cheese
- 3 tablespoons heavy cream
- 12 toast strips
- 3 tablespoons butter
- 3 tablespoons minced parsley
- Salt and pepper to taste

Blanch the chopped almonds, and sauté them in butter until they are golden brown. Mix the remaining ingredients and spread the mixture on buttered toast strips. Garnish with finely chopped almonds, and heat thoroughly before serving.

ANCHOVY-EGG CANAPES

Mix 3 tablespoons each of lemon and onion juices, and add a dash of cayenne. Drain 1 can of anchovy fillets, and marinate these with the mixture. Drain again, and place the fillets on 12 toast rounds. Border with 1 finely minced hard-boiled egg, dust with paprika, and garnish water cress.

ANCHOVY FINGERS

Spread toast fingers with anchovy butter. Garnish with alternate rows of sieved hard-boiled egg yolk and egg white. Separate with thin strips of anchovy fillets or garnish with tiny white pearl onions and pimiento.

ASPARAGUS CANAPES

12 thin slices of bread
Mustard
Mayonnaise
6 thin slices boiled ham
12 asparagus tips (cooked or canned)

Remove the bread crusts. Cut the ham slices in halves and trim them to fit the bread slices. Spread with mustard. Dip asparagus in mayonnaise and place one tip at each end of the prepared bread slice. Roll lengthwise, secure with a toothpick at each end, place on broiler rack in a pre-heated broiler, and turn to toast rolls.

ASPARAGUS ROLLS

Spread crackers or toast squares with mustard butter. Top each with a tiny asparagus tip rolled in thinly sliced boiled ham.

CAVIAR CIRCLES

Spread crackers or toast rounds with mustard butter or caviar spread. Make a border of sieved hard-boiled egg white; fill the center with caviar or sieved egg yolk. Garnish with a tiny design of pimiento.

CELERY-CHEESE BALLS

¼ cup finely chopped celery
Salt and pepper
Paprika
½ cup cream cheese
2 tablespoons finely chopped parsley

Mix the celery and cheese and add salt and pepper. Shape the mass into 12 small balls. Roll these in parsley and dust them with paprika.

CORNETS OF HARD-BOILED EGGS

Make some cornets from scraps of puff paste. After baking, fill with Béchamel sauce mixed with chopped hard-boiled eggs. They may also be filled with various chopped mixtures, scrambled eggs, etc.

CHEESE CANAPES

Use rectangular canapés, fried in butter. Melt some cheese with 1 or 2 tablespoons of thick Béchamel sauce. Spread this on the canapés and place in the oven to brown. They may be served hot or cold.

CHUTNEY-ANCHOVY CANAPES

Spread toast or cracker bases with cream cheese-chutney spread. Top each with a rolled anchovy fillet.

CUCUMBER-RADISH FLOWERS

Spread thin rounds of bread with mayonnaise. Arrange tiny slices of radish around outer edges and place a small slice of cucumber in the center. Garnish with a slice of stuffed olive or a tiny design of mayonnaise forced through a pastry tube. Sprinkle with a dash of paprika.

HARD-BOILED EGG CANAPES

Boil a few eggs till hard. When very cold, shell and chop the yolks and whites separately. Cut some oblong pieces from a loaf having them slightly wider than for sandwiches, cover one side with a thin layer of ravigote butter and fillets, forming them into distinct compartments. Fill these in with the chopped eggs, being careful to separate the colors. Serve the canapés on napkins.

HOT CLAM CANAPES

Chop ½ cup fresh clams, drained. Add enough mayonnaise to hold together; season with salt, pepper and drained chili sauce. Toast 2 dozens small rounds of bread on one side; spread clam mixture on untoasted side. Sprinkle with grated mild cheese and garnish with bits of pimiento or a dash of paprika.

Heat under broiler until cheese is melted and canapés are lightly brown. Serve hot.

HOT CRAB MEAT CANAPES

½ cup cooked crab meat
1 finely chopped pimiento
1 tablespoon green pepper, finely chopped
2 dozens crackers or bread rounds
½ cup condensed cream of mushroom soup
¼ teaspoon salt
A few grains of cayenne
Buttered bread crumbs

Drain crab meat and remove shell tissue. Heat in mushroom soup. Add pimiento, green pepper, salt and cayenne. Remove from heat. Toast crackers or bread rounds on one side; spread crab meat mixture on untoasted side. Sprinkle with bread crumbs. Heat under broiler until lightly brown. Serve hot.

SHRIMP CANAPES

10 buttered toasts
¼ cup chopped sautéed mushrooms
1 teaspoon horse-radish
Salt and paprika
Sliced stuffed olives
2 cups chopped cooked shrimps
3 tablespoons grated cheese
Tartar sauce
Mayonnaise
Water cress

Spread untoasted sides of bread with tartar sauce, and cover with mixture of shrimp meat and mushrooms. Dust with salt and paprika and set in a cold place. Combine horse-radish, cheese, and enough mayonnaise to make a creamy mixture. Press the mixture through a pastry bag, and then use it to border the canapés. In the center of each canapé, place a slice of olive and garnish with a sprig of parsley.

TOASTED NUT CANAPES

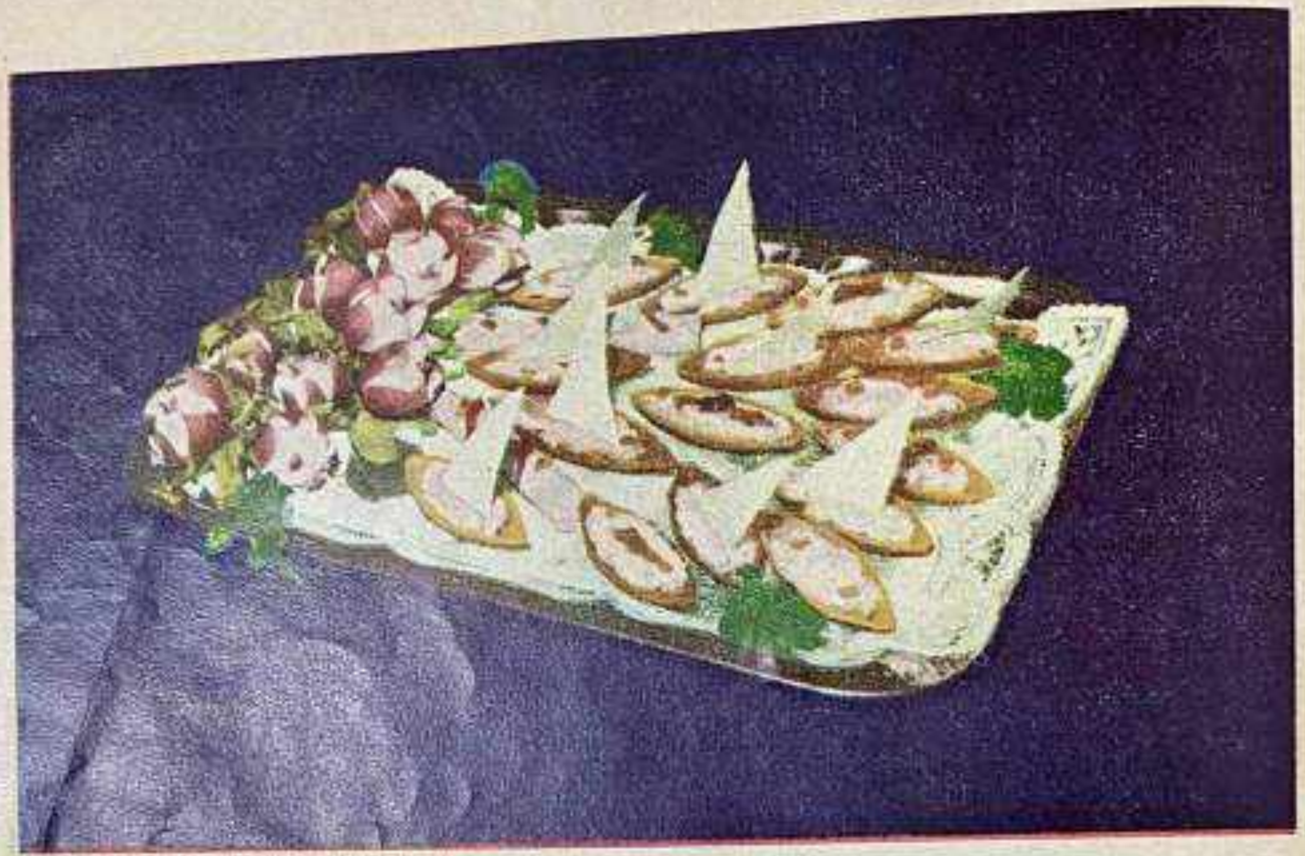
Cream 1/3 cup butter. When it is soft enough, stir in 1 cup ground nuts and 2 tablespoons Worcestershire sauce. Spread the mixture on bread rounds. Toast until hot and serve at once.

TONGUE CANAPES

Spread toast rounds with mustard butter. Top with thin slices of cooked tongue. Garnish with a border of mustard butter forced through a decorating tube.

TONGUE AND CHICKEN CANAPES

Spread toast rounds with mustard butter. Make a border of finely chopped tongue moistened with mayonnaise. Fill the center with finely chopped chicken, seasoned and moistened with mayonnaise or cream. Garnish with capers, a slice of truffle or tiny design of ripe olive.



CANAPES

HORS D'OEUVRES

HORS D'OEUVRES

The French phrase "hors d'oeuvres" is used to describe savory little appetizers or relishes other than canapés. The familiar celery and olives served at the beginning of a meal are hors d'oeuvres. So are carrot sticks and other vegetable relishes and pickles. Many hors d'oeuvres, hot or cold, are served on the ends of toothpicks, usually with cocktails or other beverages.

Assorted hors d'oeuvres may be arranged on a large tray or platter. Hors d'oeuvres are served on toothpicks which can be tucked into hors d'oeuvre holders and used as a centerpiece. Homemade holders of vegetables or fruit will serve the purpose admirably. Choose a well-formed cabbage, eggplant, cucumber, orange, red apple or other suitable fruit. Remove a slice from the bottom if necessary to make it stand upright. Stick the free ends of the toothpicks into the vegetable or fruit, spacing them evenly.

OYSTERS A LA BROCHETTE

Scald the oysters; separate the meat from the shell; season with salt, fine herbs, truffles and sweet pepper. Sprinkle oil, pepper, and salt. Leave in the solution for several minutes.

Pierce the oyster with a toothpick alternately with a square of bacon. Roll in bread crumbs and broil over charcoal for several minutes.

OYSTERS ON THE HALF-SHELL

3 dozens oysters on the half-shell	Lemon
Grated cheese	Ice

Serve the oysters with their shells imbedded in ice and thoroughly chilled, allowing 1 tablespoon of grated cheese for each shell. Garnish with lemon sections.

PIRAMIT

Kraft cheese	Cucumber
Ham	Sweet cucumber
	Pickles and onions

Cut all the ingredients into cubes. Pierce them with a toothpick in the order given or in the reverse order with the onions first.

PRUNE AND OLIVE APPETIZERS

Remove the pits of prunes and insert a small stuffed olive in each. Wrap each prune in a small piece of bacon and secure with a toothpick. Broil until bacon is crisp, turning to assure uniform crispness. Serve at once.

SAUSAGE - STUFFED PRUNES

Remove the pits from large prunes and fill each with a tiny cocktail sausage. Place them in a well-buttered dish and bake them in a very hot oven until the sausages begin to brown. Serve on toothpicks when slightly cooled.

SHRIMPS AND EGGS

Cook the shrimps. Clean and remove the intestines. Chop them finely. For each cup of shrimps, put 1 hard-boiled egg, 1 or 2 spoons of butter or mayonnaise. Season with salt, pepper and paprika.

Have the prepared bread which has been fried in oil, or toasted, cut in rounds the size of a peso. Place the mixture in the center of the bread, decorating it with a shrimp and dots of mayonnaise.

SKEWERED CHICKEN LIVERS

6 chicken livers
¼ cup mushrooms
¼ cup bacon, sliced
Oil or butter

Cut each liver into 4 pieces. Put them in a frying pan with water, over a very hot fire to sear them. Blanch about 15 square pieces of bacon, then sauté them in butter. Cook in butter some sliced mushrooms. Then pierce with wooden skewers, alternating a slice of liver, a piece of bacon, and a slice of mushroom. Each skewer should contain 3 of each kind. Coat the skewers and cook on a grill, basting with oil or butter. Serve on *maitre d'hotel* butter with a little water cress or an appropriate vegetable.

TUNA FISH EN BARQUETTES

Mash the contents of 1 can of tuna fish in oil, adding 50 grams butter and 2 tablespoons olive oil. Season and stir until it forms a paste. This tuna paste will be used for the filling of some small boats made from a very fine "Brisée Paste." The little boats should be baked and cooled before serving.

On the surface of each tuna-filled boat place a narrow strip of anchovy lengthwise, and on each side of the anchovy in the center, place pickled caper.

PASTE BRISEE:

Mix 1¼ kilo flour, 125 grams butter, 1 tablespoon sugar, 1/3 tablespoon salt and more or less ½ cup ice water. The sugar may be omitted if desired.

DRIED BEEF PIN WHEELS

¼ cup cheese
2 drops Worcestershire sauce
¼ teaspoon grated onion
5 whole slices dried beef
2 carrots

Mash the cheese and blend with the Worcestershire sauce and onion. Spread on each slice of dried beef. Roll up as a jelly roll. Make rolls about 4 inches long and thick enough to be ¾ inch in diameter. Chill. Then cut into pieces ½ inch long. Cut slender carrots crosswise into slices ⅛ inch thick. Stick a slice of carrot and dried beef roll on each toothpick. Place toothpicks in holder or stick into a grape fruit or an apple or some other base placed on appetizer tray.

ROLY POLYS

3 oz. cream cheese
Dash of salt
¼ teaspoon fresh onion juice
2 tablespoons creamed butter
10 thin slices of very fresh white bread cut ¼ inch thick
Water cress

Combine the first 3 ingredients and blend well. Cut crust from bread and spread with butter, then with cream cheese mixture. Cut in halves, making 20 pieces about 3 x 1½ inches. Remove tiny end sprigs of water cress for garnishing end or roll. Place a few larger leaves on the cheese. Starting at narrow end of bread strip, roll as for jelly roll. Be sure there is enough cheese on edge to seal well. Wrap in waxed paper and chill. Stick a sprig of water cress in each end of the roll just before serving.

TASTY TEASERS

1 slice boiled ham, cut ½ inch thick
15 large stuffed green olives
1 slice brick cheese, cut ½ inch thick

Trim fat from ham. Cut lean ham and cheese into ½ inch cubes. Cut the olives in halves crosswise. Stick each toothpick through a cube of ham, then through one slice of cheese and half an olive. To set, stick toothpicks into suitable holder placed on appetizer tray.

SOUP

ASPARAGUS SOUP

Breast of boiled chicken
1 can asparagus, cut into
  1 inch long pieces
4 pieces Chinese ham
1 onion, cut in fine slices
3 segments garlic
Salt to taste
Chicken stock

Cut the breast of the chicken and the ham in cubes. Sauté the garlic in lard then add the onion. Add the stock of the chicken. Season with salt. Lastly add the asparagus including the asparagus stock.

CAULIFLOWER SOUP

1 medium-sized cauliflower
1 small onion, minced
4 cups chicken stock
Salt, pepper, and nutmeg
2 tablespoons butter or margarine
2 tablespoons flour
2 cups milk, scalded

Steam the cauliflower until it is tender. Cut it in halves. Press one-half through a sieve and keep the other half warm. In a saucepan melt the butter and cook the onion until it is transparent, but not brown. Carefully stir in the flour and cook until it bubbles. Stir constantly. Add the chicken stock and continue stirring. Mix the scalded milk with the sieved cauliflower, and stir it into the stock. Season with salt and pepper and a dash of nutmeg. Let boil until it thickens slightly, stirring to prevent lumps.. Break the halved cauliflower into small flowers and add to the soup. Heat thoroughly and serve immediately with croutons.

CHESTNUT SOUP

1 small knuckle of veal
12 peppercorns
2 bay leaves
2 cloves
5 cups water
2 cups boiled chestnuts
2 eggs
1 tablespoon salt
1 small onion, sliced
1 stalk celery, diced
½ cup flour
1 cup cream
Pinch of thyme

Combine the veal with the seasonings and flavorings. Add the water and simmer for 1½ hours. Remove the veal knuckle and thicken with the flour blended smoothly with 1 cup of water, stirring while adding, and simmering for 5 minutes. Strain, then combine with the chopped, cooked, peeled chestnuts and the cream beaten with the eggs. Stir with a wire whisk until very hot but not actually boiling. Serve immediately.

IMPERIAL SOUP

Make a stock by boiling the following:

¼ kilo ham
½ kilo beef
2 onions
8 cups water
1 small chicken
2 tablespoons salt
12 peppercorns

Boil all the ingredients together to obtain good stock.

For custard:

6 egg yolks
¼ cup grated cheese
1 tablespoon salt
2 cups evaporated milk
6 tablespoons butter

Beat the egg yolks thoroughly. Mix all the ingredients together. Place in a buttered mold and steam until the mixture is firm. When cold, unmold and cut into small cubes. Then place on soup plate with the stock prepared above.

CREAM OF CORN SOUP

- 4 cups canned or fresh corn, grated
- 2 egg yolks
- 2 tablespoons butter
- 2 tablespoons flour
- 4 cups milk
- Salt and pepper

Put the corn into a double boiler with 3 cups milk and cook for 20 minutes. Make a white sauce of milk, corn, flour and butter. Add salt and cook for 5 minutes. Beat the egg yolks well and add to the remaining cup of cold milk. Stir this mixture into the soup. Cook for 1 or 2 minutes, stirring constantly. Beat and serve.

CREAM OF POTATO SOUP

- 8 medium-sized potatoes, diced
- 2 teaspoons salt
- 3 cups milk or cream
- ⅛ teaspoon ground nutmeg
- 2 medium-sized onions, sliced
- 2 tablespoons butter
- ⅛ teaspoon pepper
- 1 tablespoon chopped parsley

Put potatoes and onions into a saucepan with enough water to cover them; add salt. Cover and cook until potatoes are tender. Mash them in the liquid. Add remaining ingredients. Reheat, stirring constantly, but do not let boil. Garnish with parsley, and serve immediately.

FORCEMEAT DUMPLINGS FOR SOUPS

For the Paste:

- 2½ cups flour
- 2 tablespoons butter
- Water

For the Filling:

- 3 tablespoons butter
- 2 eggs
- ¼ cup mushrooms
- Salt to taste
- ½ cup beef, ground
- 2 tablespoons onion

Make a paste with flour, butter, and a little water. Work well and roll out very thinly. Cut into 2½ to 3-inch rounds, and on each round put a little of the mixture prepared as follows:

Sauté the onion in butter, add the ground beef until it is tender. Add mushrooms, salt, pepper, and 2 eggs to bind. Fold the paste over this stuffing and press down the edges.

Poach the dumplings in boiling salted water for 10 minutes or till they rise to the surface. Serve in boiling broth or stock.

FRUIT SOUP

- 2 tablespoons quick-cooking tapioca
- 1 tablespoon sugar
- ½ cup orange juice
- 2½ cups diced fresh fruits (peaches, strawberries, apples, bananas, etc.)
- 1½ cups water
- Dash of salt

Place tapioca and water in saucepan. Bring to a boil, stirring constantly. Remove from heat. Add sugar, salt and concentrated orange juice; blend. Cool, stirring once after 15 to 20 minutes. Cover and chill. Before serving, add fruits. If a thinner soup is desired, add more juice or lessen the fruits. Garnish the bowl with halved strawberries, orange sections and bananas.

GALICIAN SOUP — CALDO GALLEGO

- ¼ kilo ham (with bones)
- 1 chicken
- ¼ kilo kidney beans
- ¼ kilo cabbage
- ¼ kilo beef bone
- 1 pig's leg
- ¼ kilo chick-peas (*garbanzos*)
- 6 potatoes
- Salt and pepper to taste

Soak the beans then cook in 6 cups of water and salt. Boil until beans are tender.

Separately boil the ham, the pig's leg, the beef bone and the chicken. When meat is tender, separate from the bones and cut into cubes.

Place the meat into another kettle; add the cooked beans. Strain the broth where the meat and beans were cooked and add the meat and beans. Add the shredded cabbage and the quartered potatoes. Boil again until the potatoes are tender. Add salt and pepper to taste.

GARLIC SOUP

For each person allow 1 clove of garlic, 1 thin slice of bread, ½ cup of water, a little oil, and 1 egg.

Fry the garlic in a little oil till it begins to brown, then add the bread. Season with salt and pepper. Pour the boiling water or broth over this. Boil for 1 minute and serve. A beaten egg is sometimes added if the soup is preferred thick.

GREEN PEA SOUP

- 2 cups shelled peas
- 4 cups broth
- 1 small onion, minced
- 2 small potatoes, peeled and sliced thin
- 1 tablespoon butter or margarine
- 1 egg yolk
- Salt and pepper

Boil the peas in the boiling water until they are tender. Drain and save the water. Press the peas through a fine sieve, discarding the skins. Brown the onion in the butter. In a saucepan put the cooking water, the peas, the onion, the butter, and the sliced potatoes. Season with salt and pepper. Bring to a boil and simmer until the potatoes are dissolved or mashed. Just before serving, stir in the well-beaten egg yolk.

KIDNEY SOUP

- 3 cups good stock
- 2 calves' kidneys
- 2 tablespoons flour
- 2 egg yolks
- Salt and pepper
- 2 or 3 tablespoons milk
- Croutons
- Parsley

Slice the calves' kidneys, and cook in hot butter with the chopped herbs and seasoning of salt and pepper. When slightly brown, sprinkle with the flour, and stir until well-browned. Add to the hot stock and simmer for 30 minutes. Before serving, dilute the egg yolks with a little warm milk and stir into the soup. Serve with bread cubes, fried in butter.

LEEK SOUP

1 bunch of 6 leeks
4 tablespoons butter
2 cups Béchamel sauce
4 cups chicken stock
3 egg yolks
1 cup cream
Seasoning
Small croutons

Trim and wash the leeks, cut away the green parts and cut the remainder into small pieces. Parboil in salted water and drain them. When cool, put them in stewpan with butter, and stir over the fire without allowing them to get brown. Add the stock and boil till the leeks are tender. Rub through a sieve, return to the stewpan, add the Béchamel sauce, and cook for 15 minutes stirring from time to time. Season to taste with pepper, salt, and a little grated nutmeg. About 5 minutes before serving, whisk up the egg yolks with the cream and strain into the soup. Stir till well-mixed.

The soup must not be allowed to boil once the butter or egg yolks are added. Pour the soup into a hot tureen and add the croutons. A pat or two of fresh butter stirred into the soup a few moments before serving will greatly enrich its flavor.

OXTAIL SOUP

3 oxtails
1 tablespoon Worcestershire sauce
Water
Salt and pepper
3 tablespoons bacon fat or drippings
1 bay leaf
2 cups diced mixed vegetables

Wash, dry, and disjoint the oxtails, then brown in the bacon fat or drippings. Cover with water, add the bay leaf and a little salt, and simmer until the meat is quite tender. Strain. Add the diced vegetables (carrots, onion, turnip, potatoes, celery) and simmer until these are tender, but not broken. Meanwhile, chop the meat, return it to the soup, reheat, and if necessary, put additional salt and pepper with the Worcestershire sauce.

VEGETABLE SOUP

¼ kilo ham
1 chicken
1 kilo beef
¼ cup carrots, diced
¼ cup leeks, cut
¼ cup cabbage
¼ cup tomatoes
¼ cup peas
¼ cup asparagus
¼ cup cauliflower

Make a stock by boiling 1 gallon of water with beef, chicken and ham. Cut into 1-inch narrow and even strips, some young carrots, leeks, two small white cabbage leaves cut into round slices, some small slices of tomatoes, some green peas, asparagus tips and cauliflower. Boil all of these until soft with some beef stock and a little water. Add as much beef soup as necessary, and boil once more, letting the vegetables become soft, but not too soft to fall apart. Into each plate of the soup place a few small pieces of custard made as follows:

For the Custard:
4 eggs
4 tablespoons cream
Salt and pepper

Beat thoroughly 4 whole eggs. Mix with some salt and 4 tablespoons cream, and pour through a very fine wire strainer into a buttered mold. Place it in a medium hot oven in a pan of hot water, or steam it until the mixture has become firm, but not hard. This should require about 10 to 15 minutes. When unmolded and cold, cut the custard with a small, round cutter into little discs ¼ inch thick. Put a few of these into each plate.

FISH

BACALAO A LA VIZCAINA

2 pounds dry salted cod
3 pounds onions
3 pounds tomatoes
3 pimientos (sweet green or red Spanish peppers)
1 clove garlic
Bread crumbs
Pepper
Salt
Oil

Soak the cod for 12 hours. Put it in a saucepan of cold water and bring to a boil. Then remove the fish and drain in a colander. Remove the bones carefully without breaking the fish into pieces, then roll in flour and fry in hot oil until golden brown. Add 2 pounds of tomatoes cut in small pieces, and sauté them. In another saucepan, sauté 1 pound of chopped onions, 1 pound tomatoes cut in quarters, the Spanish peppers, garlic, and the bread crumbs. Simmer for 1 hour.

To serve, put a layer of sauce in the dish. Place the fish on this and over it pour more sauce. Sprinkle with bread crumbs and parsley, and set in the oven to brown.

CREAMED FISH

1 cup flaked fish
1 cup milk
2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon Worcestershire sauce
Strips of red pimiento

Melt butter in saucepan. Add flour and stir until well-blended. Add milk and stir constantly until thick. Season with salt and Worcestershire sauce, add flaked fish, and garnish with red pimiento. Serve on baked potatoes.

EEL A LA DANUBE

1 eel
1 or 2 cups white wine
A little stock or gravy
1 tablespoon vinegar
Yolk of 1 or 2 hard-boiled eggs
Chopped parsley
Butter
Mustard
Salt and pepper
Little sugar

Cut the eel into pieces of about 2 inches in length. Put them in an earthenware vessel. Sprinkle freely with salt and let them stand in a cold place for 3 or 4 hours. Cook them in a saucepan, packed. Moisten with the white wine, sprinkle with parsley, cover the saucepan and cook. Add the finely chopped egg yolks, stir well and add the other ingredients. Serve in a gravy boat. Garnish with slices of lemon.

FISH LOAF

1 kilo boiled fish
½ teaspoon pepper
1 green pepper, chopped
½ cup milk
4 tablespoons tomato paste
4 tablespoons butter
1 teaspoon salt
2 eggs
1 onion, chopped
2 carrots, cut in small cubes
1 tablespoon Perrins sauce
1 cup bread crumbs, powdered

Remove the bones from the cooked fish. Flake the fish and add the other ingredients one after the other. Mix thoroughly and pack firmly in a buttered baking dish. Cover with bread crumbs and sprinkle with melted butter. Bake in a moderate oven until golden brown. This may be served hot from the dish or allowed to cool and cut in slices. Garnish with parsley, sliced lemon and a dash of paprika.

FISH FRITTERS

1 pound of small fish
3 eggs
3 tablespoons flour
Salt and pepper
Minced garlic
Minced parsley

Cook, flake and mash the fish. Beat the egg yolks until light and thic then add little by little the flour, salt, pepper, minced garlic, parsley, a the fish. Lastly, add the egg whites beaten to a froth. Drop spoonfuls of th mixture into hot fat and fry to a golden brown.

FISH WITH LEMON

1 large fish
Butter
2 onions
2 tablespoons garlic, pounded
1 teaspoon salt

Cut the fish into pieces, salt, and fry. Make the sauce as follows:

Pound the garlic, add butter, and dissolve with a little water and sugar. Pu in a saucepan over slow fire. Add the fried fish and the onion. Garnish wit slices of lemon.

FISH IN THE OVEN

1 fish
2 tablespoons chopped onion
¼ cup white wine
½ cup tomato purée
½ cup oil
Bay leaf and celery
1 teaspoon salt

Clean the fish, cut into pieces and salt. Pour ½ cup oil in a baking pan an place the salted fish in it. Pour white wine, the tomato purée, onion, bay leaf; cove and cook. Before serving, sprinkle bread crumbs and the chopped celery.

FISH IN PEPPER NEST

Clean the fish. Let it stand in salt, *kalamansi* juice, and pepper for 1 hour Place in baking pan with the following:

1 cup olive oil
1 tablespoon celery, cut fine
1 cup tomato sauce
1 onion, chopped fine
Salt

Bake in moderate oven for 2 hours until brown. Place on appropriate pla- ter and garnish with the following:

Brown seasoned potatoes forming nests filled with peas.

Stuffed pepper baskets made as follows:

1 cup cooked shrimps
3 hard-boiled eggs
1 tablespoon butter
1 tablespoon oil
1 tablespoon vinegar
½ teaspoon salt
¼ teaspoon pepper
½ cup diced celery
¼ cup chopped mixed pickles

Halve shrimps. Chop egg whites and press yolks through sieve. Blend yolks wit softened butter, oil, vinegar, salt and pepper. Add celery, pickles, egg whites an shrimps. Chill. Cut ends from peppers, remove seeds, and fill with the abo mixture.

FLAKED FISH IN CREAM

2 cups fish
¼ cup butter or salad oil
¾ cup cream
¼ fish stock
2 tablespoons onion, grated
2 tablespoons parsley, chopped
½ teaspoon salt
¼ teaspoon pepper

Drain fish and flake coarsely. Heat butter or oil. Combine cream, stock onion, celery and seasonings; add to oil and simmer over low heat about 5 minute Add flaked fish and heat thoroughly, stirring gently to avoid mashing the fish

Serve on toast or with baked potato.

FISH COOKED IN WHITE WINE

1 fish (any kind)
1 bay leaf
Several sprigs of fresh celery
Whole peppercorns
3 tomatoes, cut into halves
1 medium-sized onion
½ cup white wine
Salt to taste

Place a rack in the kettle. Place the celery in the cavity of the fish and lay it on the rack. Add white wine just to the level of the rack. Add the onion, tomatoes cut into halves, salt, and peppercorns. Steam the fish for 40 minutes. Remove from the pan, and skin the fish. Serve with sauce prepared by mixing the following:

2 tablespoons pickles
3 tablespoons mayonnaise

FISH CURRY

½ kilo fish, cut into slices
1 tablespoon ground onion
1 tablespoon curry powder
1 tablespoon garlic, pounded
¼ tablespoon pepper
¼ cup oil
½ teaspoon salt

Mix the ingredients together with curry powder. Rub the mixture into the slices of fish and allow to stay for ½ hour and fry in oil.

FISH TIMBALES

1½ cups milk
2 tablespoons butter
1 cup bread crumbs
2 cups cooked fish meat
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon minced parsley or celery
½ lemon rind, grated
1 tablespoon lemon juice
4 eggs

Scald milk and butter, pour them over crumbs and set aside for 10 minutes. Add fish, seasonings and slightly beaten egg yolks. Fold in stiffly beaten egg whites, turn into individual well-greased molds or cups, cover closely and steam half an hour. Unmold. Pour over each a generous spoonful of pimiento sauce and garnish with diced gherkins and cut lemon.

FRESH FISH A LA PORTUGAISE

1 fish
3 onions chopped
4 tomatoes
½ cup white wine
1 cup oil
Salt and pepper

Cut the fish into slices or steaks. Put them in a deep frying pan with the oil and butter, the chopped onion, (previously cooked to a light golden brown in butter), the finely chopped tomatoes, the garlic, the rice, (previously boiled in salted water for 10 minutes, and well-drained), and the parsley. Season with salt and pepper, cover the frying pan and cook for about 10 minutes. Uncover and cook for 8 to 10 minutes more. Arrange the fish steaks on a hot dish and cover with the sauce in the pan.

FISH A LA MARINERA

1 fish
⅓ cup onion
Salt and pepper
⅓ cup tomatoes
½ cup oil

Season the well-cleaned fish with salt and pepper. Prepare slices of onions and tomatoes and place half of these at the bottom of the pan for the fish to rest on; then place fish and the rest of the onions and tomatoes. Moisten with a good quantity of oil and bake in oven for 40 to 45 minutes. At the time of serving, place the fish on a platter and pour over it the strained sauce in which it was cooked.

FISH A LA ASTURIA

1 fish
¼ cup wine
2 onions
12 small mushrooms
Salt and pepper
1 teaspoon grated chocolate
½ cup oil
½ cup water
1 tablespoon flour

Put the oil in a casserole and, when hot, add the fish, the finely shredded onions, previously cooked, and the tablespoon of flour. Then add the hot water, the wine, the grated chocolate, salt, and pepper, and simmer till the fish is tender. Add the cooked mushrooms 10 minutes before serving.

LARDED FISH

1 fish
6 pieces bacon
3 onions
½ cup cauliflower
½ cup mushrooms
Salt and pepper

Clean and salt the fish. Cut the bacon fat into very thin pieces 1 inch long. Line one side of the fish neatly with the bacon fat. Lay the fish on sliced onions in a buttered tin. Dot with butter, season with salt and pepper, and cook slowly in a moderate oven, basting frequently.

When the fish is done, lay it on a dish with the larded side up. Mushrooms or cauliflower often accompany this dish.

MOUSSE FISH

½ kilo fish
1 cup butter
4 eggs
1 teaspoon pepper
1 tablespoon lemon juice
1 cup flour
½ cup cream
1 tablespoon salt
1 tablespoon sugar

Separate the flesh of the fish. Grind the flesh two times to make a smooth creamy paste then add butter. Mix the lemon juice and the egg yolk with ½ of the cream. Add the flour, salt, pepper and sugar. Then place the mixture alternately with the rest of the cream.

Finally add the stiffly beaten egg whites, pour the mixture in a pan and steam 1 hour. Serve with shrimp and mushroom sauce.

SCALLOPED FISH

2 cups cooked fish
2 teaspoons grated onion
2 teaspoons chopped pickles
1 tablespoon lemon juice
1½ cups medium-white sauce
½ cup buttered crumbs
½ teaspoon salt

Flake the fish, place in greased casserole or in individual baking shells. Sprinkle with onion, chopped pickles and lemon juice. Add the white sauce. Top with buttered crumbs and a dash of paprika. Bake in a moderate oven about 25 minutes or until brown.

Before baking, top the fish mixture with a border of about 2 cups of mashed potatoes, using a decorating tube. Place the buttered crumbs and paprika in the center, or use individual shells for salmon mixture with potato border.

Increase white sauce to 2 cups. Arrange fish, add 2 cups thinly sliced or chopped cucumbers in layers in a casserole, sprinkling layers with onion, chopped pickles and lemon juice.

SOLES AU GRATIN

½ cup mushrooms
1 teaspoon chopped small green onions
½ cup white wine
1 tablespoon lemon juice
1 cup broth
1 tablespoon tomato juice
Salt and pepper
Chopped parsley

First prepare the sauce. Stew the mushrooms in oil and add chopped small green onions. Two minutes after, add white wine, broth and tomato puree. Season with salt, pepper and chopped parsley.

Pour this sauce on the prepared fillets of sole, or haddock, or mackerel or any other fish. Once prepared, transfer this in a baking dish then sprinkle with grated bread crumbs and moisten with melted butter. Put in hot oven. Before serving, sprinkle with lemon juice and chopped parsley.

In case oven is not available, place ½ of the mixture of onions and oil at the bottom of the saucepan. Put the fillets of fish and the remaining ingredients on top. Place the saucepan over fire until the fish is cooked.

STUFFED FISH

Clean the fish. Open the back and rub inside and outside with pepper and salt. Let it stand for 1 hour, and stuff with any of the following fillings:

Filling No. 1

½ cup shrimps, cooked
1 cup bread crumbs
⅛ teaspoon pepper
2 tablespoons capers
¼ cup butter
3 tablespoons onion
1 tablespoon chopped pickles
¼ tablespoon salt
1 tablespoon celery

Mix the ingredients together and fill the fish. Sew the fish and fry.

Filling No. 2

1 cup bread crumbs
¼ cup butter
1½ tablespoons salt
1 cup shelled oysters
1½ teaspoons lemon juice
1 teaspoon chopped celery
Pepper

Mix the ingredients together, add the juice and the oysters, and a little broth to soften the mixture. Fill the fish with the mixture. Sew the fish and fry.

STEWED FISH

1 regular-sized fish
2 onions
1 cup mushroom
Pepper and salt to taste
1 cup cabbage
1 cup cut pork
Cornstarch, water, salt

Skin the fish, salt, and cook in saucepan with oil. Remove from the pan and drain. Cut the onions, cabbage, pork, and mushroom and put together all ingredients in hot oil. Then add the fish, cover with stock and cook. Thicken with cornstarch and serve.

SALMON TIMBALES

1½ cups cooked salmon
2 teaspoons lemon juice
¼ teaspoon dry mustard
½ teaspoon salt
⅛ teaspoon pepper
1½ cups medium-white sauce
2 eggs, slightly beaten
2 teaspoons grated onion

Flake salmon and combine all ingredients. Turn into greased custard cups or timbale molds.

Place in a pan of hot water and bake in a moderate oven about 30 minutes or until firm.

SALMON PUDDING

¼ kilo salmon
2 cups boiled potatoes
1 tablespoon butter
2 cups milk
2 cups bread crumbs
3 eggs
½ teaspoon salt

Slice the salmon and the potatoes and arrange them alternately in layers in a pie dish. Whip the eggs and milk together and pour over the layers. Sprinkle with bread crumbs, dot with butter and bake in moderate oven for about 30 minutes. Serve with melted butter.

FISH A LA ESPAGNOLE

4 small fish
4 or 5 small mushrooms
1 tablespoon chopped chives
1 or 2 tablespoons honey
½ cup white wine
Oil
Chopped parsley
Salt and pepper

Put the fish in a casserole with the oil, wine and honey. Season with salt and pepper. Let the fish stand for about an hour, then take them out. Place all in a casserole and cook over a very slow fire till tender. When ready, put them on a hot dish and serve with butter sauce.

TUNA FISH AND EGGS A LA KING

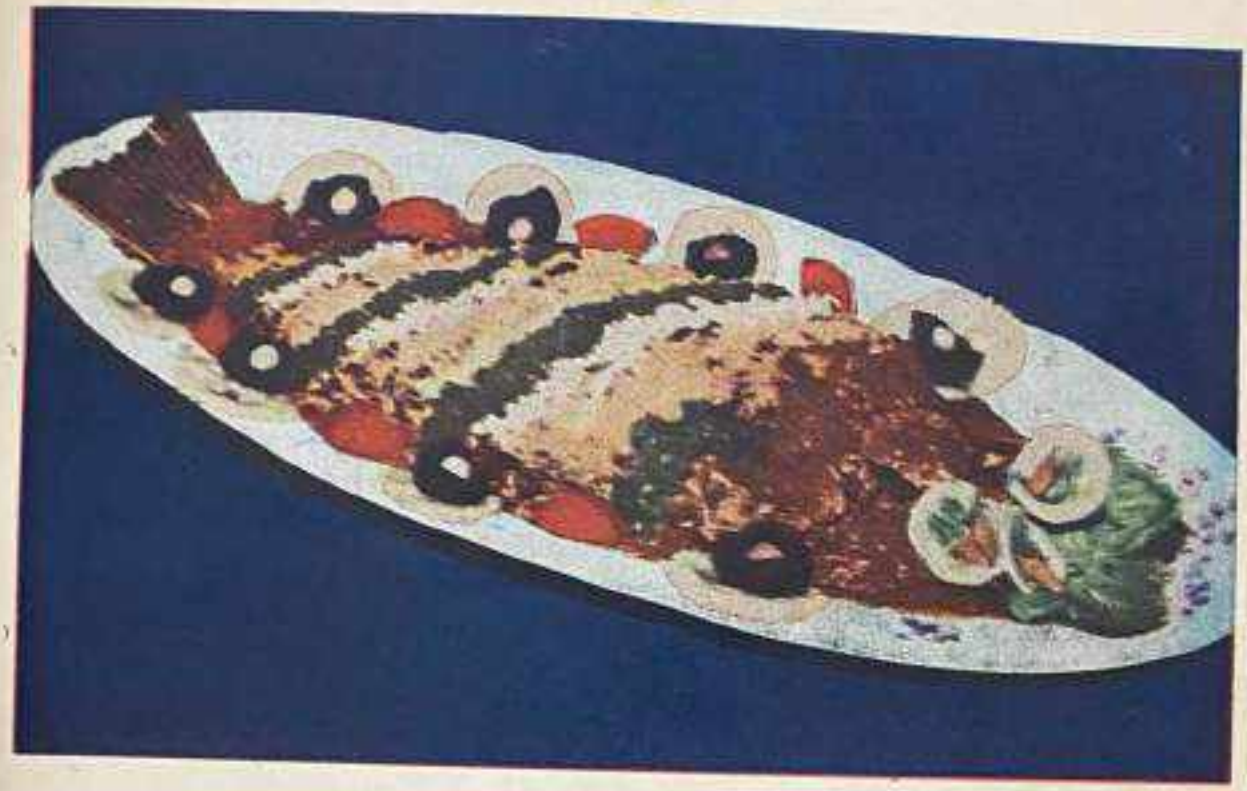
3 cups tuna fish
3 tablespoons flour
½ teaspoon salt
Butter or margarine
2 teaspoons chopped green pepper
2 teaspoons chopped pimiento
2 hard-boiled eggs, quartered
1½ cups milk

Melt the butter or margarine in the upper part of a double boiler over direct heat. Add the flour and salt, and blend. Add the milk gradually, stirring constantly until the mixture boils and thickens. Add the flaked fish, green pepper, pimiento and eggs, and reheat over boiling water. Serve hot on toast. Garnish with parsley.

PAN-FRIED FISH FILLETS

2 pounds fish
1 cup bread crumbs
1 cup evaporated milk
½ cup fat
1 tablespoon salt
1 small cucumber
Whipped cream
Lemon juice

Cut the fish into pieces for serving. Combine the milk and salt. Dip the fish in it, then in the bread crumbs. Fry in hot fat over low heat until golden brown. Serve with cucumber sauce made by folding the chopped cucumber into whipped cream seasoned with salt and lemon juice. Serve.



FISH A LA MARINERA

PRAWN THERMIDOR

SHRIMPS and PRAWNS

CREAMED SHRIMPS ON TOAST

1 cup shrimps
1 can peas
2 cups Béchamel sauce
3 hard-boiled eggs
1 stalk parsley
3 tablespoons chopped onions
6 tablespoons butter
2 tablespoons salt
1 loaf cream bread, sliced
Lemon cut fan-shaped

Clean the shrimps and remove intestinal veins. Saute in 1 tablespoon butter and onion. When cooked, add peas and Béchamel sauce. Toast the sliced bread. Dice the hard-boiled eggs and add to the creamed shrimps, and arrange on the toast. Garnish with remaining sliced eggs, parsley and lemon fans.

CURRIED SHRIMPS WITH RICE

2 tablespoons finely chopped onion
2 tablespoons flour
1 teaspoon salt
1 cup evaporated milk or thick coconut milk
¾ cup raw rice
1 tablespoon curry powder
1 cup boiling water
2 cups shrimps
½ cup freshly cooked peas
1 diced pimiento
2 tablespoons butter

Cook the onion slowly in the butter for 5 minutes without browning. Add the combined flour, curry powder, and salt, and blend smoothly. Gradually add the boiling water and bring again to the boiling point, stirring until smooth, after which add the milk and the shrimps. Cook over boiling water until thick. Meanwhile, cook the rice in boiling salted water until done. Drain, and rinse with hot water. Toss lightly with the peas and pimiento; press into a ring mold and invert into a serving dish. Pour the shrimps into the center.

PRAWNS A LA NORMANDE

Cook the prawns. Cut in halves lengthwise, remove the meat. Be careful not to break the shell. Cut the meat into pieces, and mix with mushrooms and slices of truffles. All these should first be cooked and then mixed with a Normande sauce made by cooking the liquid of the prawns and the mushrooms, and thickened with egg yolks. Use this mixture to fill the shells. Cover with sauce, and glaze on a hot fire. To serve, place the prawns on a long dish, and decorate with truffle slices.

STUFFED PRAWNS

12 regular-sized prawns
3 pieces dried mushrooms
1 teaspoon soy sauce
1 egg, beaten
¼ kilo *unto sinsal*
1 *kalamansi*
¼ cup pounded roasted peanuts
¾ cup ground pork
1 Chinese sausage
1 tablespoon minced onion leaves
1 tablespoon cornstarch
¼ cup water
½ cup floured soda crackers
Salt to taste

Shell the prawns, removing the heads but leaving the tails. Split the back open and remove the black veins. Season with *kalamansi* juice and salt; set aside.

Soak mushrooms in water until tender, drain and mince. Chop pork and add to it mushrooms, soy sauce, sausage, onion leaves and half of the beaten eggs and salt to taste. Mix all and stuff prawns at the open back. Wrap each with *unto sinsal* and dip in mixture of cornstarch, egg, water and a pinch of salt. Roll each in mixed crackers and peanuts. Fry in hot deep fat on low flame until golden brown. Serve with sweet-sour sauce.

MINCED SHRIMPS

2 cups shrimp meat
2 tablespoons butter
¼ teaspoon salt
1 teaspoon Worcestershire sauce
1 tablespoon minced onion
1 cup tomatoes
Dash of cayenne
Patty shells or toast

Cook the shrimps in boiling salted water for 15 minutes. Drain, remove the shells and black intestinal veins, and cut into small pieces. Cook the onion in butter for 5 minutes without browning. Add the tomatoes and seasonings, and bring to the boiling point. Add the shrimp and heat all thoroughly. Serve in patty shells or on freshly made toast.

RISSOLE WITH SHRIMPS

3 dozens shrimps
2 cups rice
2 cups of stock made with the shells of the shrimps
¼ cup butter or oil
1 small onion
Salt and pepper

Chop the onion and fry to a golden brown in a little butter or oil. Add the rice and the fish stock, season highly with salt and pepper, stir well and simmer for about 30 minutes, or till the rice has absorbed the stock. Ten minutes before serving, add the shrimps, previously shelled, dipped in flour and fried in hot oil to a golden brown.

SHRIMPS IN TOMATO ASPIC

Prepare the tomato aspic. When aspic starts to set or jell, fold in 1 cup the cooked, cleaned shrimps, cut up or split in halves lengthwise, 1 tablespoon finely chopped green pepper and ½ cup finely diced celery. Turn into 4-cup molds that have been rinsed with cold water. Chill until firm. Unmold and serve on crisp lettuce, garnished with ripe olives. Serve with mayonnaise that has been thinned to desired consistency with cream, left-over pickle juice, lemon juice or vinegar. Serve at once.

SHRIMP A LA KING

1 pound mushrooms
1 cup chicken broth
3 tablespoons minced canned pimientos
2 cups fresh cooked shrimps
5 tablespoons butter
1½ cups milk or cream
⅓ cup flour
2 egg yolks
Salt and pepper

Cook the shrimps in water and salt. When cooked, remove the shells and cut at the back and remove the intestines. Slice or quarter the mushrooms and cook in butter in the upper part of a double boiler. Place over direct heat about 5 minutes. Stir in the flour and, when smoothly blended, add the chicken broth and milk or cream, still stirring constantly. Place over hot water and cook until thickened, stirring occasionally. Add the pimientos, seasonings and shrimps. Heat thoroughly. Finally, just before serving, pour a little of the hot sauce over the beaten egg yolks, stirring while pouring. Return all to the double boiler and heat but do not actually boil. Serve on toast.

SHRIMP LOAF

½ cup chopped celery
2 tablespoons butter
3 cups mashed potatoes
¼ cup minced parsley
1 tablespoon finely chopped onion
1 cup chopped, cooked shrimps
2 eggs, beaten
Salt and pepper

Cook the celery and onion in butter for 10 minutes without browning. Combine with the shrimps, potatoes, seasoning, beaten eggs and parsley. Blend all thoroughly; pack into a well-greased loaf pan and bake in a moderately hot oven or steam.

SHRIMP PUDDING

2¼ cups sifted flour
½ cup shortening
⅓ cup milk
4 teaspoons baking powder
1 cup sugar
1½ cups shrimp meat
½ teaspoon salt
2 eggs, well-beaten
Tomato sauce

Mix and sift the flour, baking powder and salt. Cream the shortening and add the sugar gradually, beating thoroughly after each addition; beat in eggs. Add flour alternately with milk, beating until smooth after each addition; stir in the shrimps. Turn into greased tube pan or other deep baking pan, filling pan 2/3 full; cover with greased paper. Place on rack in kettle of boiling water; have water come up half-way around pan. Cover the kettle and steam for 2 to 3 hours. Keep water boiling, adding more hot water as needed. Serve with tomato sauce.

SHRIMP A LA MARINERA

2 cups shrimp meat
2 tablespoons finely chopped celery
⅓ cup butter
2 tablespoons finely chopped onion
White wine to cover
Lemon and parsley
Salt and pepper
Butter

Sauté the shrimp meat in butter with the onion and celery for about 10 minutes. Pour the wine, season, and simmer. Reduce the liquid remaining in the pan to 1 cupful by rapid boiling; strain, then beat in butter to thicken to mayonnaise consistency. Pour this sauce over the shrimp and sprinkle with minced parsley. Garnish with cut lemon.

PRAWNS WITH MUSHROOMS AND TOMATOES

12 large prawns
½ cup mushrooms, cut into pieces
¼ cup butter
2 tablespoons lemon juice
2 tablespoons chopped parsley
A dash of nutmeg, salt and pepper to taste
½ cup tomato sauce

Drain some large prawns; fry them in butter with raw minced mushrooms season with salt, nutmeg, pepper and lemon juice; add some chopped parsley and a little fish glaze. Fill the bottom of a dish with tomato sauce, and dress the fried prawn on top, strewing over a little chopped parsley.

PRAWN CUTLETS

20 prawns, medium-sized
3 eggs, well-beaten
1 cup lard
2 tablespoons flour
Salt and pepper to taste

Sweet-Sour Sauce:

½ cup vinegar
½ cup water
2 tablespoons sugar
2 tablespoons cornstarch
1 tablespoon salt
2 tablespoons soy sauce

Blanch the prawns and remove the heads and shells, leaving the tails intact. Mix the well-beaten eggs, flour, salt and pepper, and dip the prawns in this mixture, one at a time. Fry in deep, hot lard until brown. Serve with sweet-sour sauce.

SHRIMP GUMBO

3 cups shelled shrimps
1 large onion
1 bay leaf
Lard or butter
Parsley
Thyme
Salt
Pepper

Separate the meat from the shell. Melt the butter or lard in a saucepan, and when hot add the chopped onion and cook till slightly brown. Sprinkle with a little flour and cook till this is also brown. Then add 1 cup hot shrimp liquor, and 1 cup of hot water. Bring to a boil, and add the herbs, the salt and pepper. Remove the saucepan from the fire.

SHRIMPS WITH PAPRIKA

2 cups shrimps
4 tablespoons tomato purée
½ cup sour cream
2 teaspoons paprika
¼ cup butter
1 teaspoon salt
Parsley

Boil the shrimps in salted water, flavor with the celery. When done, drain and remove the flesh. Pound the shells to a paste in a mortar, and rub through a sieve. Melt the butter, add the shrimp juice, the tomato purée, the paprika, and season with a little salt. Then add the flesh, and just before serving, stir in the cream.

Plain boiled rice, dry and flaky, is usually served with this.

SHRIMP AND RICE CASSEROLE

1 pound cooked shrimp
1 minced onion
4 cups cooked rice
2 teaspoons melted butter
2 beaten eggs
Salt and pepper

Cook the shrimp. Cut into large pieces. Combine with the rice, eggs, onion, butter, and seasonings, and turn into a greased casserole. Bake in a moderate oven about half an hour. If desired, a dash of curry powder or nutmeg may be added.

SHRIMP CREOLE

1 pound cooked shrimps
2 minced onions
2 tablespoons minced ham
2 tablespoons butter
2 cups canned tomatoes
½ cup sliced mushrooms
2 tablespoons flour
1 minced green pepper
½ cup stock
2 tablespoons butter
Boiled rice or toast
Salt and pepper

Melt the butter, add the shrimps, and cook for 2 minutes. Add to the Creole sauce; simmer 5 minutes and serve with boiled rice, or on toast.

For the sauce, cook the tomatoes, pepper, onion, and mushrooms for 10 minutes. Add the stock and ham and cook 2 minutes longer. Thicken with the flour lightly creamed with the butter and stir until thick and smooth.

PRAWNS FRIED IN BUTTER

½ kilo prawns
1 egg
¼ tablespoon salt
½ cup evaporated milk
1½ teaspoons baking powder

Sift the flour, salt, and baking powder together; make a batter with the beaten egg and milk which is thick enough to readily coat the prawn. Dip each prawn into the batter, completely coating it. Fry golden brown in deep hot fat or butter and drain on soft crumpled paper. Garnish with parsley.

SHRIMP A LA MODERNA

½ kilo shrimps, cooked
3 teaspoons butter
3 tablespoons flour
¼ cup cream
4 tablespoons catsup
2 cloves garlic
½ cup wine
¼ cup oil
3 tablespoons vinegar
4 tablespoons bread crumbs

Cut the cooked shrimps. Marinate with olive oil, vinegar, salt and pepper for 3 hours.

Dissolve the butter in a saucepan, add the flour until golden brown, mix the catsup and garlic and cook for 3 minutes. Add the marinated shrimps and the cream. When done, place in pyrex container and sprinkle the bread crumbs on top. Dot with butter and bake for several minutes.

SHRIMP A LA NEWBURG

2 pounds cooked shrimps
¼ cup butter
½ pound mushroom caps
1¼ cups light cream
2 egg yolks
¼ cup sherry
2 tablespoons flour
2 tablespoons brandy
A dash each of salt, paprika, and nutmeg.

Cut the shrimps into large pieces. Wash and drain the mushrooms and cut into quarters and add to the shrimps. Pour the sherry, and let stand for 1 hour. At serving time melt the butter in a saucepan, add the shrimp-mushroom mixture and cook for 5 minutes. Sprinkle the flour, add 1 cup of the cream, and stir until thick. Beat the egg yolks with the remaining cream and add to the shrimp mixture. Stir and cook for a moment. Add the seasonings and brandy. Serve on toast.

LOBSTER

HUMMER
(Lobster a la Austria)

4 lobsters
4 mushrooms
A few tablespoons of grated cheese
½ cup Béchamel sauce, to which a little stock is added
Bread crumbs
Salt and pepper

Chop the meat of the cooked lobster, as well as the previously cooked mushrooms, and put in a fireproof dish. Cover with the Béchamel sauce, sprinkle with the grated cheese and bread crumbs, and put in the oven till lightly browned.

LOBSTER FARCI

2 lobsters
1 tablespoon butter
1 tablespoon flour
1 cup milk
2 tablespoons bread crumbs
1 tablespoon minced parsley
Salt and pepper
Few grains nutmeg
3 egg yolks, hard-cooked
¼ cup buttered crumbs

Boil lobsters and cut meat into small pieces. In opening the lobsters, be careful not to break the body or tail shells. Melt butter, blend in flour, add milk and cook until thickened. Add crumbs, parsley, lobster, salt, pepper, nutmeg and egg yolks mashed very fine. Mix all together well. Wash shells, wipe dry and cut the under part of the tail shells with a pair of scissors. Join the large ends of both tail shells to one body shell to form a boat-shaped receptacle. Place lobster mixture in this boat, sprinkle with buttered crumbs and bake in moderate oven 15 to 20 minutes.

LOBSTER MOUSSE

2 cups lobster meat
½ cup white sauce
Salt, pepper and paprika
3 tablespoons white wine
2 eggs

Pass the cooked lobster meat through the food chopper to produce a smooth mass. Blend with the white sauce, beaten eggs, seasonings, and sherry. Turn into individual buttered mold or casserole. Place in a pan of hot water, cover with buttered paper and bake in a moderate oven about 20 minutes for small molds, 35 to 40 minutes for one large mold. Unmold and serve with mushroom sauce or lobster sauce.

LOBSTER WITH MUSHROOMS

4 lobsters
5 medium-sized mushrooms
Bechamel sauce, to which a little fish stock is added
A few tablespoons of grated cheese
Bread crumbs

Cook the lobsters. Chop the meat of the cooked lobster, as well as the previously cooked mushrooms, and put in a fireproof dish. Cover with the Bechamel sauce, sprinkle with the grated cheese and bread crumbs, and put in the oven till lightly browned.

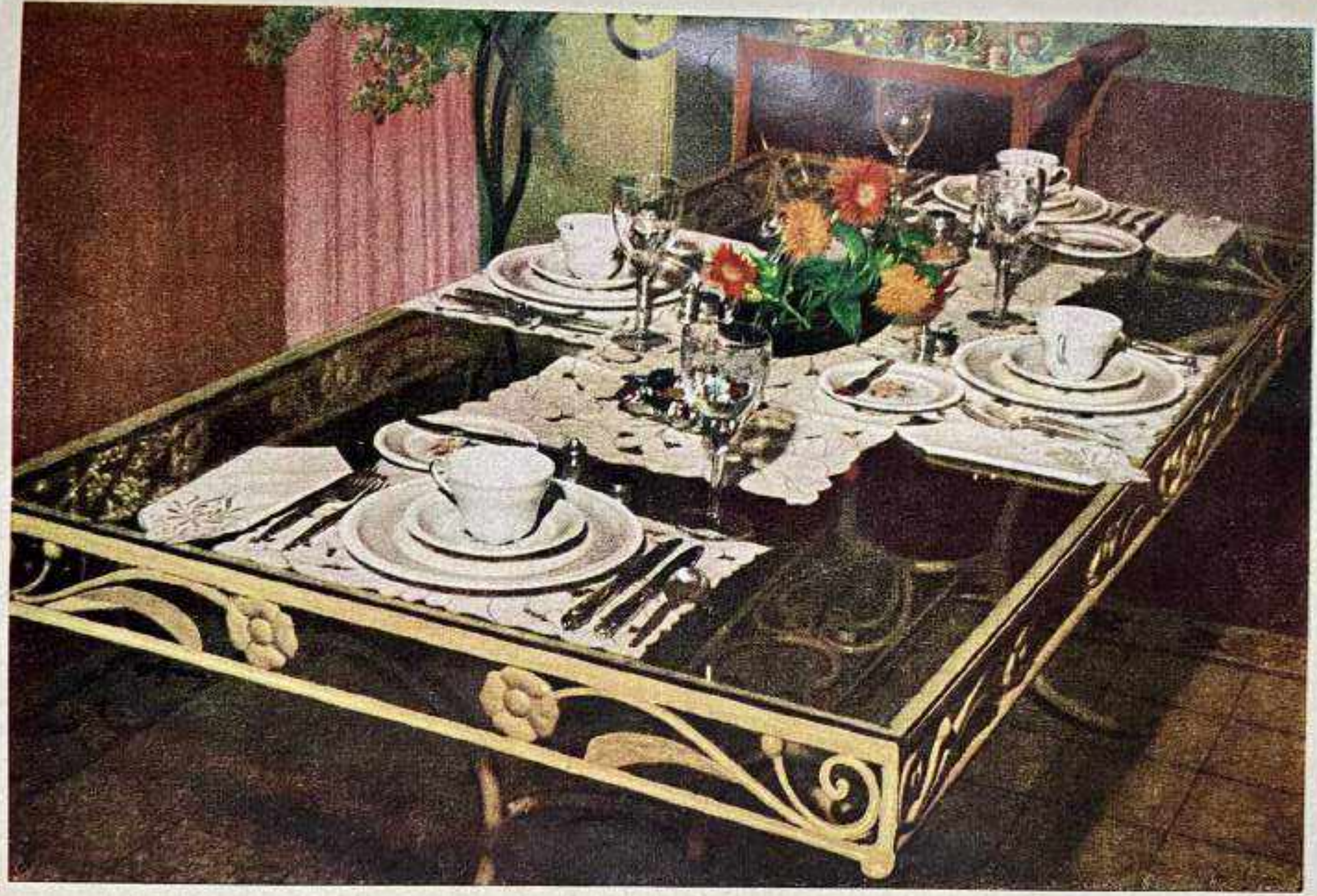


TABLE SERVICE FOR LUNCHEON

LOBSTER SAUTEED A LA CATALANA

2 lobsters
1 small onion
1 clove of garlic
½ cup white wine
3 tablespoons tomato sauce
A few sprigs of parsley
Salt and pepper

Cook the lobster. Remove the meat from the shell and claws, and brown in a deep frying pan of hot oil. Add the finely chopped onion, garlic, and parsley. Season highly with salt and pepper, and add the white wine and the tomato sauce a few minutes before serving.

LOBSTER OR PRAWN THERMIDOR

2 cooked lobsters or prawns
2 tablespoons flour
⅓ cup white wine
1 teaspoon dry mustard
Dash of cayenne
1 tablespoon minced parsley
2 tablespoons butter
¼ teaspoon salt
1 cup thin cream
Grated cheese

Cut the lobsters in halves lengthwise. Remove and cut the meat. Sauté it in the butter about 5 minutes, then add the flour, seasonings, and cream. Heat and blend thoroughly. Add the wine, then return the mixture to the lobster shells, sprinkle with the cheese and bake in a hot oven about 10 minutes, or brown in the broiler. If desired, ¼ cup of sliced mushrooms may be sautéed in the butter before adding the lobster.

STUFFED LOBSTER A LA BECHAMEL

6 lobsters
¼ cup milk
3 tablespoons butter
3 tablespoons flour
2 egg yolks
½ teaspoon salt
1 teaspoon lemon juice
1 teaspoon chopped celery
½ cup bread crumbs
2 tablespoons chopped onions
Lemon juice
1 bay leaf
Pepper to taste

Cook the lobsters. When cooked, remove the flesh from the shell leaving the shell whole. Cut the flesh into small pieces. Sauté the flesh in butter, bay leaf and onion. Make a sauce with the milk, the flour, salt, pepper, celery and the egg yolks slightly beaten, and later the lemon juice. Add the sautéed lobster flesh. Fill the empty shell. Place the stuffed lobster in a pyrex container, cover with bread crumps, dot with butter, and place in the oven until crumbs are golden brown in color; or fry in deep oil, if an oven is not available.

LOBSTER WITH CORAL SAUCE

1 boiled lobster
3 tablespoons butter
2 tablespoons flour
½ teaspoon salt
2 cups boiling water
2 tablespoons lemon juice

Dice the lobster meat and mash coral with 1 tablespoon butter. Melt the remaining butter, blend in flour and salt, add water and cook until thick, stirring constantly. Add the coral and cook 4 minutes. Strain, add the lobster meat and the lemon juice, and boil.

CRAB

CRAB MEAT WITH GREEN PEPPER

12 crabs
3 tablespoons butter
2 tablespoons flour
½ cup onions
1 tablespoon chopped garlic
1 teaspoon paprika
½ cup milk
¼ cup broth
½ cup cream
½ teaspoon salt

Prepare a white roux of butter and flour, add chopped onion, finely chopped garlic, some paprika, salt, and pinch of sugar and one finely chopped green pepper; boil with milk until smooth for 15 minutes, add a little beef broth and crab meat flaked as large as possible, add also the cream. Cook all carefully for a few minutes more and serve the crab meat very hot on a platter garnished with toast and slices of lemon.

CRABS AU GRATIN

6 crabs
¼ cup Béchamel sauce
¼ cup mushrooms
1 sprig parsley

Cook crabs in water and salt; pick out all their meat, keeping it as whole as possible; put it into a sautoire with Béchamel sauce and sliced mushrooms, also chopped parsley; mix well. Butter a dish, sprinkle it with bread crumbs, and fill with the crab preparation, dredge on top with bread crumbs fried in butter, and lay the dish in the oven till nicely browned.

DEVILED CRABS

¼ cup butter or margarine
2 tablespoons flour
½ cup milk
2 cups cooked crab meat, flaked
½ teaspoon salt
½ teaspoon prepared mustard
1 teaspoon chopped parsley
1 teaspoon lemon juice
Yolks of 3 hard-boiled eggs
⅔ cup buttered crumbs
¼ teaspoon pepper

Melt butter or margarine in a saucepan; blend in flour. Add milk gradually, and cook over low heat stirring constantly until sauce boils and thickens. Fold in remaining ingredients except buttered crumbs, and mix until well-blended, but do not mash. Turn mixture into clean crab shells. Sprinkle with buttered crumbs and bake in a moderately hot oven until crumbs are temptingly brown and the mixture is heated through. Serve at once.

DRESSED CRAB

10 crabs
¼ cup oil
¼ cup vinegar
1 tablespoon mustard
2 eggs
2 lemons
Sprigs of parsley
Salt and pepper

Remove the meat from the shells and claws and shred. Separate the soft and creamy parts of the crab in a bowl and mix with oil and vinegar in equal quantities, and a little prepared mustard, and season well with salt and pepper. Add the crab meat, mix well and put the mixture back in the cleaned crab shell. Garnish with the yolk of hard-boiled egg rubbed through a sieve, egg white coarsely chopped, thin slices of lemon, and a few sprigs of parsley.

SAVORY CRAB MEAT

2 cups crab meat
1 teaspoon salt
1 tablespoon chives
1 tablespoon minced green peppers
3 eggs, beaten
Pepper and salt
1½ cups evaporated milk
½ cup butter
½ teaspoon Worcestershire sauce
½ teaspoon prepared mustard
1 tablespoon parsley
⅓ cup buttered crumbs

Combine all ingredients except the crumbs. Turn into a deep buttered baking dish or casserole, sprinkle with crumbs and bake in a moderate oven until hot and delicately browned. Serve immediately.

CLAMS

FRIED CLAMS GARNISHED WITH PARSLEY

2 cups clams' meat
¼ cup milk
¼ cup flour
2 eggs
Salt to taste

Boil the clams in water and salt. Separate the meat. Drain and immerse them in milk, drain them once more, then roll them in flour. Dip them in beaten eggs, then in bread crumbs and fry until golden brown. Garnish with fried parsley and serve.

CLAMS A LA MARINERA

Boil the clams in water and salt. Separate the meat. Sauté the clams in lard with garlic; add pepper and salt, then the wine, bay leaf, and parsley.

CLAMS A LA NEWBURG

12 clams' meat
¼ cup butter
3 tablespoons velouté sauce
1 cup Madeira wine
2 eggs
Salt and pepper

Warm in a sautoire 2 ounces of butter, add to it one dozen very fresh soft clams, a little salt, black pepper and cayenne; boil for a few minutes, moving them with care to avoid breaking them; moisten with a cup of Madeira wine and little velouté sauce; add 2 egg yolks, a little cream, and a little butter. Warm without boiling, and serve.

CLAMS ON SKEWERS

2 cups clams
2 cups ham, cut in cubes
Butter
Salt to taste

Run some skewer through the soft clams, alternating each piece with three-quarters of an inch square lean ham. Boil them over a slow fire, and when done, dress on a hot dish and cover with *maitre d'hotel* butter.

STUFFED CLAMS

2 cups clams, chopped
⅓ cup onions
¼ cup butter
2 tablespoons flour
¼ cup mushrooms
¼ cup white wine
¼ red pepper
Sprigs of parsley

Boil the clams in water and salt. Separate the meat. Fry the finely chopped onions in 2 ounces of butter, dredge over with 2 spoonfuls of flour, stir well, then add the liquor from the clams, chopped mushrooms, and wine; boil and skim off the foam arising to the top, and reduce soup to half. Season with red pepper and nutmeg. Chop the clams, then add some chopped parsley, and thicken with egg yolks and cream. Lay this mixture aside for further use, but if it is to be used at once, fill up some well-rounded buttered clam shells; dust over with bread crumbs and dot butter on top of each. Place them in a baking pan in the oven to heat and color nicely, then arrange them crown-shaped on a folded napkin, garnishing the center with very green parsley branches.

OYSTERS

CHAFING DISH OYSTERS

- ¼ cup butter
- 1 teaspoon dry mustard
- 1½ cups finely chopped celery
- 3 cups light cream
- 2 dozen oysters
- 2 tablespoons white wine
- Salt and pepper
- Celery salt

Combine the butter and seasonings in the upper part of a double boiler or chafing dish. When the butter is melted, add the celery. Add the cream slowly and bring to boiling point. Pick over and add the oysters and cook just until the edges begin to curl. Finally add the white wine and serve on toast, garnishing with parsley.

CREAMED OYSTERS IN CASES

- 1½ dozen oysters
- 3 tablespoons butter
- 3 tablespoons flour
- ½ cup milk
- ¼ cup cream
- 6 patty shells or bread cases
- Salt and pepper
- 1 tablespoon Worcestershire sauce

Chop one dozen of the oysters and reserve the others whole. Prepare a white sauce with the butter, flour, milk, cream, and seasonings. Add the chopped oysters and set over hot water to heat and slightly cook the oysters. Meanwhile broil the remaining whole oysters just until the edges begin to curl. Divide the creamed mixture among the pastry or bread cases; top each with a broiled oyster and garnish with parsley and cut lemon.

For the bread cases cut a day-old bread into two-inch thick slices. Trim the edges and with a sharp knife remove the centers to form shells or cases. Brush over with softened butter, inside and out, and crisp in the oven.

CURRIED OYSTERS OVER RICE

- 6 tablespoons butter or margarine
- ½ cup finely minced onion
- 1 cup finely minced apple
- 1 teaspoon curry powder
- 2 cups oysters
- 1 teaspoon salt
- 2 tablespoons flour
- 3 tablespoons chutney
- ½ cup cream
- 1 cup milk

Melt the butter or margarine in saucepan. Add the finely minced onion and red apple. Cook until the onion is tender, stirring frequently. Add the curry powder, salt, flour and chutney. Mix thoroughly. Add the cream and the milk, a little at a time. Cook several minutes, stirring constantly. Add the oysters previously drained and shelled; simmer until the edges of the oysters curl in. Serve over fluffy white rice.

OYSTER STEW

- 4 teaspoons butter
- 12 oysters (with liquor)
- ¼ cup milk, scalded
- Paprika
- Crackers
- Salt to taste

Drain the oysters, reserving the liquor. Heat half the butter in a heavy saucepan, add the drained oysters (carefully picked over) and cook until the edges just begin to curl. Now add the reserved oyster liquor and bring to boiling point. Combine with the scalded milk, season, and serve in a bowl topping with the remaining butter and a generous dusting of paprika. Serve with crackers.

OYSTER GUMBO

3 cups shelled oysters
1 large onion
1 bay leaf
Lard or butter
Parsley
Thyme
Salt
Pepper

Separate the meat from the shell. Melt the butter or lard in a saucepan, and when hot, add the chopped onion and cook till slightly brown. Sprinkle with a little flour and cook till this also browns. Then add 1 cup of hot oyster liquor and 1 cup of hot water, make it boil, and add the herbs, the seasoning of salt and pepper, and remove the saucepan from the fire.

SCALLOPED OYSTERS

⅔ cup melted butter
3 cups stale bread crumbs
1 teaspoon grated onion
1 teaspoon salt
⅛ teaspoon pepper
4 cups oysters
⅓ cup oyster liquor
⅓ cup cream

Combine butter, crumbs, onion and seasonings. Drain the oysters, reserving 1/3 cup liquor. Place a layer of oysters in a greased shallow baking dish; top with a layer of crumbs and then with the remaining oysters. Pour the oyster liquor and the cream over layers. Top with the remaining crumbs and sprinkle with paprika. Bake in a moderate oven for 30 minutes until brown.

PICKLED OYSTERS

Blanch some large oysters, drain them after the first boil and keep the liquor. Boil some vinegar with cloves, whole pepper, whole allspice, half an ounce of each for every quart of vinegar, and add a little mace; put 2/3 of the oyster liquor with 1/3 of the vinegar and also the oysters into hermetically closed glass bottles, and keep them in a cool place. Serve on side dishes with sliced lemon and sprigs of parsley set around.

SQUID

SQUID WITH SAUCE

Clean the squids. Separate the tentacles from the body, separating the black juice in a container.

Cook the squid in vinegar, chopped garlic and whole pepper until tender. Separately sauté garlic, tomatoes and onion in oil, add white wine and the black juice of the squids. Add the bread crumbs to thicken and pour the sauce on the squid. Garnish with parsley.

SQUID IN MUSHROOM SAUCE

Clean ½ kilo of squid. Remove the tentacles to separate the stomach. Reserve the black liquid for the sauce.

Sauté 2 cloves of garlic in 4 tablespoons oil. Add one onion, then the squid, ½ cup white wine, ½ cup diced carrots. When the squid is tender, add the liquid and ½ cup mushroom sliced fine, 2 tablespoons butter, salt and pepper. If the mixture is thin, add one tablespoon cornstarch diluted with water.

MEAT

BEEF

BEEF A LA MODE

- 1 kilo round of beef
- 1 onion, sliced
- 2 bay leaves
- 8 cloves
- 1 tablespoon sugar
- 2 tablespoons bacon or other cooking fat
- 1 cup vinegar
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 celery, diced
- ½ teaspoon ground garlic

Place the meat in a deep dish with the onion, bay leaves, cloves, garlic, sugar and vinegar. Cover and let stand 12 hours, turning meat several times. Heat the fat in a frying pan, wipe the meat dry and brown it on all sides in the fat, then place in a heavy pan, with ½ cup of the spiced vinegar in which the meat was marinated and 1½ cups of boiling water. Cover and then either simmer or bake slowly for 3 hours. Add the salt, pepper and celery when half done, together with more boiling water and spiced vinegar, if necessary.

BEEF AND HAM LOAF

- ½ kilo round steak
- 1 medium-sized onion, minced
- 1½ teaspoons salt
- ¼ cup tomato soup or juice
- ¼ kilo raw lean ham
- ¼ teaspoon cloves
- ½ teaspoon pepper
- 1 green pepper, minced
- ¼ cup minced celery leaves
- 1 tablespoon minced parsley

Grind the meats in a meat grinder. Add all remaining ingredients except the tomato soup and grind a second time. Moisten with the broth or tomato juice. Pack into a well-greased loaf pan; cover with buttered paper and bake in a moderate oven for 2 hours, removing the paper during the last 15 minutes of baking. Serve plain or with tomato sauce.

BEEF AND SAUSAGE MEAT LOAF

- ½ kilo beef
- 3 good-sized potatoes
- 1 small can pimientos
- 1 apple, pared, cored and grated
- ½ teaspoon pepper
- 2 medium-sized onions, ground
- 1½ teaspoons salt
- 1 tablespoon parsley, minced
- ½ pound pork sausage
- 1 cup thin cream or undiluted evaporated milk

Grind the two meats once, then combine with the remaining ingredients except the cream or milk and grind a second time. Pack into a well-greased loaf pan; add the milk; cover with buttered paper and bake in a moderate oven for 1 hour, removing the paper during the last 15 minutes of baking. Serve with onion sauce.

BEEF BALLS WITH PIQUANTE SAUCE

- ½ kilo beef, ground
- 6 sausages
- 2 onions, chopped
- 1 tablespoon parsley, chopped
- 2 tablespoons salt
- ¼ tablespoon pepper
- 1 tablespoon garlic
- A piece of stale bread

Make a beef hash, mix it with sausage meat and a piece of stale bread; this bread should be soaked in stock, pressed, and crumbled. Season with salt, pepper, parsley and chopped garlic, as well as two chopped onions cooked in lard. With this mixture, make small balls rolled in flour. Cook in a frying pan with either lard or oil and serve with piquante sauce in a boat.

BEEF FRICADELLES WITH TOMATO SAUCE

½ kilo beef
¼ kilo potatoes
½ cup onions
¼ cup butter
½ cup tomato sauce
2 tablespoons celery, chopped
2 eggs
2 tablespoons salt
¼ tablespoon pepper
2 tablespoons flour

Make a beef hash, mixing beef with mashed potatoes. Season with salt, pepper, herbs, and chopped onions cooked in butter. Then add the eggs to the mixture. Divide into balls which are rolled and flattened; use a little flour. Fry in the frying pan with a little dripping and serve with tomato sauce separately.

BEEFSTEAK A LA ANDALUZA

1 kilo rump steak
4 eggplants
¼ kilo cooked ham
½ kilo small tomatoes
24. pickling onions
Mixed herbs
Salt and pepper

Stew the steak with onions in an earthenware casserole till tender, and serve with the following garnish: eggplant stuffed with finely chopped cooked ham and tomato pulp, and fried in butter with mixed herbs; small onions cooked golden in butter or oil, and tomatoes stuffed with a little bread and finely chopped onion, also fried in butter, the whole being well-seasoned with salt and pepper.

CHOPPED BEEF EN CASSEROLE

2 pounds beef
⅔ cup tomato catsup
⅓ teaspoon Tabasco sauce
Boiled beets
Salt

Mix chopped beef with tomato catsup. Add Tabasco sauce, using more if desired. Season well with salt. Place in casserole and bake slowly for 2 to 2½ hours, basting frequently with water and Tabasco or Worcestershire sauce. A few strips of bacon across the top will add to the richness, and improve the flavor. Garnish with quartered beets.

STEAK EN CASSEROLE

½ kilo steak
3 tablespoons butter or other fat
3 tablespoons flour
2 cups stock
Salt
Parsley
2 sweet peppers
⅓ cup turnip balls
½ cup carrot balls
½ cup potato balls
½ kilo of 1½-inch thick steak

Make a brown sauce of the fat, flour, stock, and seasoning. Add balls of turnips, carrots, potatoes, and onions, which have been previously cooked in a little brown stock until tender. Keep this sauce hot while you pan-broil the steak until about half done; then transfer steak to heated casserole. Pour vegetables and sauce over steak; cover, and place in oven until steak is sufficiently cooked. When ready to serve, sprinkle the steak with finely chopped parsley.

MUTTON

LAMB CUTLETS A LA NAVARRA

6 lamb cutlets
1 slice of ham, diced
1 onion
3 or 4 medium-sized tomatoes
½ cup lard or oil
4 sausages
Salt
Pepper

Fry the cutlets in equal quantities of hot lard and oil, seasoning them with salt and pepper. When done, put them in a casserole with the following sauce:

In the same fat in which the cutlets were fried, cook the ham, cut in cubes, and the chopped onion. When the onion begins to brown, add the finely chopped tomatoes, season highly with salt and pepper, and cook for about 10 minutes. Then pour the sauce over the cutlets and cover the casserole. Return to fire for 20 to 30 minutes. The sausages, cut in small pieces, are cooked separately and served with the cutlets.

LAMB COOKED A LA MANCHEGA

½ kilo lamb meat
1 or 2 pimientos
1 clove garlic
½ cup white wine
1 bay leaf
6 tablespoons butter
Parsley
Salt and pepper

Put the lamb in a casserole with butter, the bay leaf, and a seasoning of salt and pepper. Put in the oven, baste, and turn the meat occasionally, and, when it begins to brown, add the white wine and simmer gently, basting frequently till the meat is done. The time varies according to the choice of cut. Ten minutes or so before serving, fry the pimientos, the garlic, and chopped parsley; pour all the sauce over the meat and cook few minutes. Serve in the casserole in which it was cooked.

Cooked vegetables such as string beans, eggplant, potatoes are usually served with this.

PLANKED LAMB CHOPS JARDINIERE

8 lamb chops
¼ cup cooked green peas
Mashed potatoes
¼ cup cooked diced carrots
¼ cup cooked beets
Butter, salt and pepper

Wipe chops, broil until browned on each side, season and place in center of heated plank.

Arrange border of mashed potatoes around edge, place in hot oven for 10 minutes to brown potatoes and complete cooking of chops. Fill nests with well-seasoned diced carrots; form centers with beets and fill with seasoned peas. Pat each chop with butter.

STUFFED LAMB CHOPS

8 thick lamb chops
½ cup white wine
Pepper
Salt and butter
Mashed potatoes
Cooked green peas
Cooked diced carrots
Cooked beets

For stuffing:

1 cup pork, ground
1 cup ham, ground
2 eggs
½ cup chestnuts, ground
2 tablespoons raisins, ground
2 tablespoons pickles, ground
1 tablespoon salt

Cut chops two inches thick, split lengthwise right down to bone. Salt and soak in a mixture of white wine and lemon juice. Fill the chops and press between the halves and tie. Bake until meat is tender. Sprinkle always with solution of wine, water, lemon juice, salt, and pepper, and dot with butter.

PORK

BRAISED PORK CHOP

6 pork chops
¼ cup vinegar
Salt and pepper
3 tablespoons cornstarch
2 tablespoons sugar

Cut pork chops about ¾ inch. Salt, then marinate pork chops with a mixture of vinegar, salt, pepper for 2 hours before cooking. Place the chops in a heavy skillet over low heat, until enough fat melts. Brown chops in this fat on both sides. Add 1½ teaspoons salt, cover tightly, reduce heat to simmering point and cook until meat is very tender, turning occasionally. Remove chops to hot platter and keep warm. Make gravy from fat remaining in pan, using 3 tablespoons cornstarch diluted in water with 2 tablespoons sugar, salt and pepper. Serve with chop.

CABEZA DE JABALI

1 small pig
¼ kilo bacon
½ kilo veal
5 eggs
1 truffle
2/5 kilo carrots
2/5 kilo onions
½ kilo beef
1 cow's foot
¼ cup cognac
1 bottle white wine
3 liters water
¼ kilo pork skin
2 radishes
1 tablespoon pickled capers
1 fillet of anchovy
Pistachio nuts
Pili nuts
Parsley
Spinach

Scald and clean a Jabali (pig's) head to remove the hair and skin; then wash and remove the bones and eyes, and cut the ears off. Rub the head with salt. (Use ¼ teaspoon saltpeter and ½ cup salt. Bury the head in salt for 5 to 6 days taking care to turn it every 24 hours. At the end of that time remove from the salt and soak in water to desalt. Once this has been done, proceed to fill the skin with an ordinary galatina filling composed of the following ingredients:

¼ kilo fresh bacon, ½ kilo fowl or veal meat, all chopped and seasoned with salt and pepper, add 1 whole raw egg for every ½ kilo of chopped filling. When half of this has been stuffed in the skin, make a layer of fillets of Jabali (cured along with the head), alternate them with green pistachio nuts or green pili nuts and sliced truffles, add rest of filling. Sew the openings of the skin and wrap in a clean cloth. Place in a kettle to boil for 5 to 6 hours with the following ingredients:

2/5 kilo carrots, 2/5 kilo sliced onions, sprig of parsley, ½ kilo beef, ½ kilo veal, and 1 scalded cow's foot. Cut all into pieces. Put the kettle on a slow fire and boil, then add ¼ cup cognac and 1 bottle of white wine, 3 liters of water and ¼ kilo pork cut into pieces. Let boil slowly and keep removing the scum. The broth will be made into "aspic" as customary for decoration. The head when cooked and ready to serve is put on a platter and around its border are placed scallops of radishes as support.

Garnish with the white of an egg (hard-boiled), inserted with a piece of truffle to fit into the eye socket. Connect the ears in the right place and make horns of truffles, to be placed on the head. Cut 2 white radishes in the shape of tusks and put them in the mouth letting them protrude. Decorate with sprigs of parsley, handful of spinach leaves or tarragon-chives, 1 tablespoon chopped pickles, capers, fillets of anchovy and 3 hard-boiled egg yolks.

FILLETS OF PORK WITH PIMIENTO

6 pork chops
¼ cup butter
2 pimientos
4 tablespoons tomato puree
1 tablespoon crushed garlic
Salt and pepper

The fillets of pork are fried in butter and served with pimientos, fried in the same butter, and with tomato purée seasoned with garlic.

LECHON CAMPESTRE

1 small pig
1 coconut
1 cup fresh lard
1 onion
Rice (preferably new)
Salt
Pepper to taste
Heart
Lungs
Kidney of the pig

After the pig has been killed and very well cleaned, remove the ribs by making an insertion at the spinal cord, and let the ribs pass thru the hole where the intestinal organs are extracted. Leave the spinal cord in its place to preserve the shape of the pig. Clean the pig and dry.

Cut the heart, kidney, and the lungs of the pig into very small pieces and then sauté with one onion in lard. When it is half-cooked, add the coconut milk and the rice. Season with salt and pepper. Cook over slow fire until the rice is cooked. Stuff the pig with this cooked filling. Sew the incision that was made in the pig.

Cook the stuffed pig in moderate oven for 2 hours. Baste continuously with lard and water alternately.

LOIN OF PORK

1 kilo loin pork
2 onions
2 tomatoes
2 carrots
1 tablespoon butter
1 tablespoon lard
6 tablespoons wine or stock
Salt and pepper
Mixed cooked vegetables
Parsley

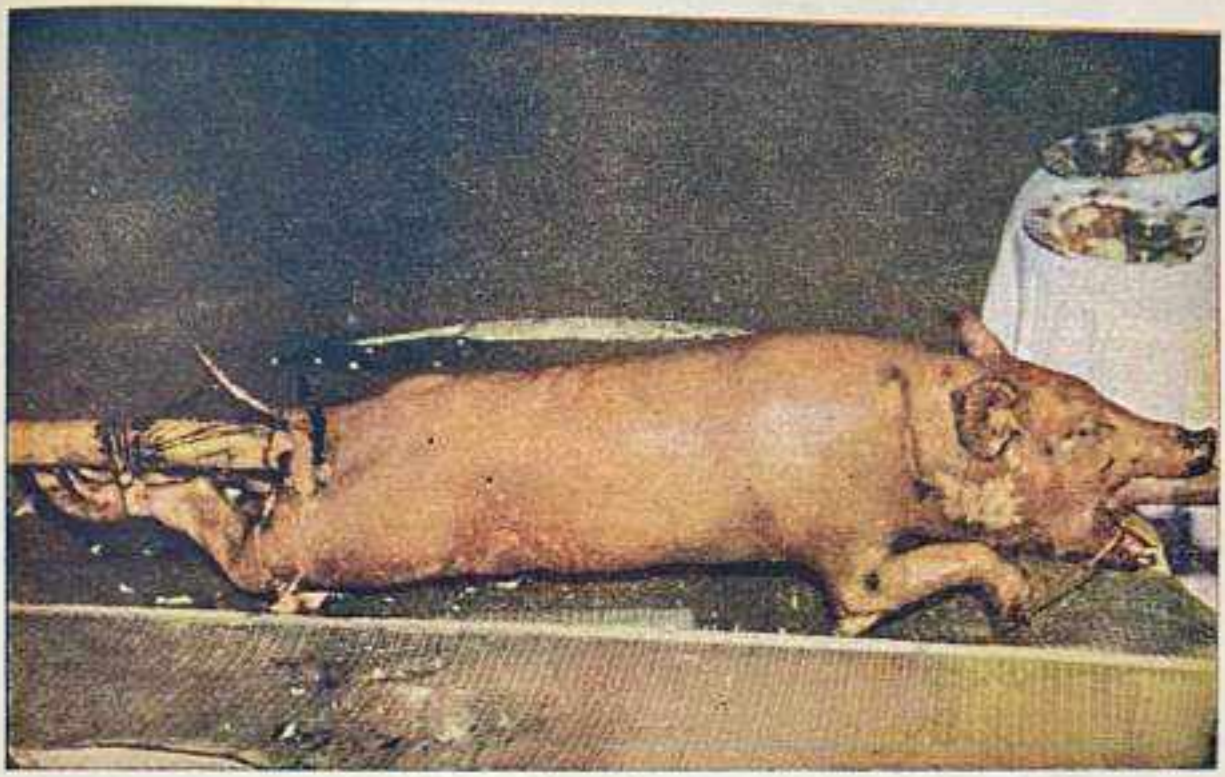
Melt the butter and lard in a saucepan or casserole and, when hot, put in the pork, well-rubbed over with salt. Cook to a nice brown color, turning it so that it is equally browned on both sides. Then add the sliced onions, tomatoes, carrots, a little parsley, and either the white wine or stock to moisten. Season highly with salt and pepper and simmer gently for 2 to 2½ hours till the meat is tender. Place the loin on a hot dish such as the vegetables, pimientos, carrots, peas, small potatoes fried in a little butter.

PORK CHOPS EN CASSEROLE

6 pork chops
6 sweet potatoes
Salt and pepper
½ cup brown sugar
1 to 2 cups milk

Place a layer of sweet potatoes, sliced crosswise, in a greased casserole; dust with salt, pepper, and a little brown sugar; continue the layers until the casserole is about two-thirds full. Heat the milk and pour it over the potatoes; it should just cover them. Place the pork chops on top of the potatoes, cover and bake for an hour, then remove the cover and season with salt and pepper. Leave the cover off and cook until the chops are tender and nicely browned on top.

Four tart apples, cored and cut in eighths, used in place of the sweet potatoes make an excellent casserole dish with pork chops.



LITSON

VEGETABLE SALAD

PORK CHOPS WITH PAPRIKA SAUCE

6 pork cutlets
12 slices bacon
1 cup sour cream
1 tablespoon paprika
Salt

Fry the bacon in a little melted butter. When done, remove from the pan and keep warm in a very slow oven. Fry the cutlets to a nice golden brown in the bacon fat and little water. Simmer till the cutlets are quite tender and season with salt and paprika. Add the cream gradually, stirring till the sauce thickens. To serve, put some boiled rice in the center of a dish and lay the slices of bacon over it. Arrange the cutlets around the dish and pour the sauce over them.

PORK STEW

½ kilo pork
3 onions
2 medium-sized tomatoes
3 pimientos
4 tablespoons lard
1 cup stock
2 eggs
Salt and pepper

Melt the lard in a frying pan and fry the sliced onions and the pork cut into small pieces. Add the peeled tomatoes, and lastly, the pimientos previously fried in hot fat and cut in strips. Mix them well and moisten with the gravy or stock. Season with salt and pepper and simmer till the stock has been absorbed. Serve with scrambled eggs.

PORK WITH SAUCE

1 kilo pork
½ cup vinegar
1 cup fresh tomatoes
3 tablespoons soy sauce
1 regular-sized onion
1 head garlic, chopped fine
Salt and pepper to taste
Paprika
Water

Select pork with moderate fat, preferably from the back loin. Cut into pieces about 2" by 2" by 2" in size and mix well with the other ingredients except onion which is to be added when the meat is about done. Cut onion into quarters. Place the mixture in kettle, add about 1 cup water; bring to a boil and simmer until tender, the liquor, thick enough, and the lard, partly rendered. Serve with fried potatoes.

ROASTED LOIN OF PORK

½ kilo fine loin of fresh pork
1 onion
Salt and pepper

Select a fine loin of fresh pork; beat it lightly with the meat mallet; rub it with a mixture of salt and pepper; and roast it in a roasting pan with onion for ½ to ¾ hour to a fine golden brown, basting it frequently and occasionally, adding a little water. The roast should be very juicy and crisp on the outside. In case the pork is to be roasted with the skin, cut this crosswise in even strips, so that the incisions form small squares. The roast pork will become very crisp if it is brushed twice with fine olive oil during the process of roasting. Carve the roast nicely and serve it with some sauerkraut, purée of potatoes or of peas, apple sauce, and the gravy and with all fat removed.

CROWN ROAST OF PORK

12 pork chops
Salt

Have crown of ribs made at the market. Ten to 12 chops make an averag sized crown. Turn bone ends up and fill center with bread stuffing. Top stuff ing with onion rings.

Wrap squares of aluminum foil around bone ends to prevent excess brow ing. Fold foil a couple of times before cutting to squares which will be 2 or 3 laye thick. Or, instead use cubes of raw potato, bacon strips or salt pork. Lift roast rack in open roasting pan by placing your hands underneath the crown.

Roast uncovered in moderate oven until done.

Serve with Pineapple Stuffing.

ADOBO A LA MADRILENA

6 pork chops
¼ cup vinegar
1 tablespoon salt
2 tablespoons crushed garlic
⅛ teaspoon pepper
4 tablespoons white wine
1 bay leaf

Rub the casserole or dish in which the cutlets are to be marinated with crushe garlic, then fill with equal parts of vinegar and white wine, so the cutlets ar just covered. Season with salt, pepper and bay leaf. Keep the casserole in cold place and soak the cutlets for about 2 hours or longer. Then dry the cutle well before frying or broiling.

SCHWALBEN IN NEST

4 hard-boiled eggs
4 slices raw ham
4 slices raw pork
¼ cup butter
1 onion
¼ cup broth
1 cup cream
1 tablespoon flour
1 kilo potatoes

Spread the pork wide by beating it and the ham by passing a knife over it Wrap the hard-boiled eggs in the ham and then wrap it in the pork and tie with a string. Put in a casserole with onion and broth and boil. When done, remove them from the sauce, put in another kettle and cook in double-boiler to dry Then to make sauce, add mixture of cream and flour and cook for 15 minutes over low fire.

Peel and cut the potatoes into very fine strips (do not soak in water so as t keep its starch). Dry, cut the borders with scissors and fry them in dee fat. When fried they look like a nest. Pile them on an oval plate. Cut the wrapped eggs into halves and put each half in the nest. Pour a little sauce over it; put some green leaves around. Serve the sauce separately.

SAUTEED PORK CHOPS

5 thick rib pork chops
2 tablespoons fat
1 onion, sliced
2 cups canned or diced fresh tomatoes
½ teaspoon salt
¼ teaspoon sugar
3 tablespoons flour
2 tablespoons garlic
1 cup vinegar

Marinate pork chops with vinegar, garlic, salt and pepper. Brown chops slo ly on both sides in the fat in a heavy skillet; remove chops from pan. Sauté th onions, add tomatoes, the chops and seasonings. Cover and simmer until tende Remove meat and thicken the tomato mixture with the flour mixed to a smoo paste with ¼ cup of cold water, stirring constantly.

HAM —SAUSAGE

HAMBON L'ANDALOUSE

1 whole piece of ham
12 eggs
1 kilo sugar
1 cup water

Soak and clean a whole piece of ham. Boil it in plain water at the rate of 55 minutes per kilo. Cook in its own coction, drain when still lukewarm, when thoroughly cold, separate the meat from the fat and cut into slices.

OEUES FILES A L'ESPAGNOLE

Break 10 eggs, separating the yolks from the whites, and 2 whole eggs which will be added to the yolks. Stir them without letting them become foamy. Make a syrup by placing in a saucepan 1 kilo sugar and 1 cup of water. Boil it until the soft ball point is reached. Strain the yolks by means of an adequate tube or a paper cone with a small hole in the end. Drop the yolks in the syrup, making long straight lines or spiral, let them boil for 2 or 3 minutes. Gather the threaded eggs with a skimmer and dip them immediately in cold water. Drain on a napkin or on a wire drainer to dry them thoroughly. These threaded eggs belong to the Spanish cuisine, and are chiefly used for the decoration of hams.

HAM A LA MARGUERITE

1 whole piece cooked ham
2 pounds spinach
2 eggs
½ pound butter
½ cup potatoes
½ cup thick Béchamel sauce

Braise the cooked ham with wine. Slice, and surround with a garnish of potatoes, whole eggs, and spinach prepared as a purée and mixed with thick Béchamel sauce. Heat and season the purée. When it boils, remove from the fire and bind with 2 egg yolks. Butter and crumb 12 small molds, and fill to 1/3 with the potatoes, then with spinach to fill the second third, and then top with the potatoes again. Poach in a bain-marie for 12 minutes in hot oven. Place the sliced ham with the sauce on it in the middle of the dish, and turn the small molds around the ham. Serve the remaining sauce separately. The molds may be only half-filled if desired.

HAM LOAF A LA AURORA

4 eggs
½ kilo ham
3 tablespoons thick cream
1 teaspoon pepper
Salt to taste

Chop the ham, mix in the eggs, pepper, and the thick cream. Place this mixture in a round flat mold which is buttered and sprinkled with bread crumbs. Cook in a bain-marie in the oven for 35 minutes. Then unmold into a round hot dish, and cover with Aurora sauce. Sprinkle the sauce with grated yolks of 2 hard-boiled eggs. Serve hot.

HAM "A LA SAINT GERMAIN"

1 onion
1 carrot
1 leek
3 tablespoons butter
1 tablespoon sugar
2 cups cooked ham
1 cup peas
Salt to taste

This dish is prepared with reheated slices of ham. The garnish consists of a purée of peas steamed with onion, carrot, leek, butter, salt, sugar, and a sprig of parsley. All are passed through a sieve, and served piled up with Madeira sauce.

PIEMONTAISE MEDALLIONS OF HAM

½ kilo ham
Quenelle stuffing

1 cup white wine

Cut rounds of ham. Between pairs of rounds spread a layer of quenelle stuffing. Poach them for 8 minutes in the oven with Madeira or white wine. For quenelle stuffing, refer to Stuffing.

SUGARED HAM

1 whole piece ham
2 cups white wine or 1 bottle of beer
½ cup vinegar
½ cup sugar

2 bay leaves
½ cinnamon stick
Peppercorn
Cloves and thyme

Soak and clean a whole piece of ham. Simmer it in plain water at the rate of 55 minutes per kilo. When slightly tender, remove from the water from where it has been simmered. Then boil in vinegar mixed with sugar, 2 cups white wine or 1 bottle of beer. Season with bay leaf, cinnamon stick, peppercorn, cloves and thyme. Let boil until tender. Then transfer to a container large enough to hold it. Remove the skin and then sprinkle sugar. Pass a very hot iron cake turner to dissolve and burn the sugar. Make a series of shallow cuts across the fat to cut into squares or diamonds. Insert clove into each square of fat.

HAM NOODLES

2 cups flour
3 eggs
1¾ cups chopped cooked ham
½ cup sour cream

2 whole eggs
Grated cheese and bread crumbs
Pinch of salt

Make a stiff dough out of water, eggs and the flour, and let stand for 30 minutes. Divide the dough into two or three pieces, then roll out very thin on a floured board, and let the paste dry for about 1 hour. Next roll into a long thin roll, and cut into long strips about ¼ inch thick. Boil in salted water for 3 or 4 minutes, put in a sieve and pour cold water over them. Drain thoroughly, and put a layer of noodles in a fireproof dish and pour the following sauce over them. Put the sour cream in a saucepan over a very slow fire, mix in the egg yolks, the chopped ham and a little cheese, finely grated, and season with salt and pepper. Pour some of this sauce over the layer of noodles, cover with another layer of noodles and sauce, sprinkle with grated cheese and bread crumbs; dot with pats of butter and put in a moderate oven to brown for 35 minutes.

HAM MOUSSE

2 cups ground cooked ham
1 cup heavy cream
A dash each of nutmeg, white pepper and cayenne

2 eggs
1 small glass sherry

Remove all gristle and fat from the meat and grind, using the finest possible knife of the food chopper. Then press through a fine sieve. Beat in the egg yolks and seasonings. Next add the cream, slightly beaten and blended with the wine. Finally fold in the stiffly beaten egg whites and turn carefully into a buttered mold or souffle dish. Set this in a pan containing hot water and bake in a very moderate oven until set like a custard. Unmold onto a hot platter, garnish with parsley or water cress and serve with hollandaise, Béchamel or any other preferred sauce.

SUGARED HAM

BRAISED TONGUE

BRAIN — GIBLETS — KIDNEY — TRIPE

BRAIN COATED THE ENGLISH WAY

Clean the brain and cut in halves crosswise. Season with salt and pepper, and coat with flour. Cook gently in clarified butter; put on the dish and cover with dots of butter.

BRAIN WITH BECHAMEL SAUCE

Poach the brains in stock. Drain, and cut each in two or four slices. Arrange on a round dish. Cover with Béchamel sauce with mushrooms added to it. Sprinkle with chopped parsley.

BRAIN WITH VINEGAR SAUCE

Cut the brain cooked in the stock into slices. Arrange them and cover with a vinegar sauce to which a fair amount of chopped herbs and mustard has been added.

CALF'S LIVER AND BACON

Fry the bacon slices, remove from the pan when done, and keep them hot till required. Season the liver, cut into ½ inch slices, with salt and pepper, roll in flour, and fry in the bacon fat. A little butter may be added, more flour sprinkled in, and, when well-mixed and browned, this may be used as sauce. To serve, put the slices of fried liver on a hot dish, strain the sauce over them, and garnish with the fried bacon.

Sauté the liver in butter and, when nearly done, start cooking the bacon in a separate pan, so that they are both cooked simultaneously.

BAKED STUFFED HEART

1 beef heart
1 teaspoon salt
2 cups coarse bread crumbs
1 teaspoon chopped onion
2 tablespoons melted butter
1 egg, beaten
¾ cup milk
¼ cup chopped celery
Pepper to taste

Wash heart in warm water and remove the arteries and veins; wash again thoroughly inside and out and core. Drain thoroughly, and sprinkle the inside with salt. Combine bread crumbs with salt and other seasonings, then add beaten egg, mixed with milk. Add remaining ingredients, mixing lightly, and stuff into heart. Tie or sew up heart, place in buttered casserole, and add ½ cup water. Cover and bake in a moderate oven for 3 to 3½ hours until tender, adding more water during cooking if necessary. Make gravy from remaining liquid after heart is lifted out. Decorate with fried potatoes.

BEEF LIVER FLORENTINE STYLE

½ kilo beef liver, sliced thin
2 tablespoons olive oil
4 tablespoons onion
½ teaspoon salt
½ teaspoon pepper
1 tablespoon oil
2 tablespoons tomato purée
4 cloves of garlic, chopped

Dredge liver in flour. Place olive oil, garlic and sage leaves in frying pan. Add the liver and fry for 4 minutes on each side. Add salt and pepper and remove liver from pan. Add 1 tablespoon oil and tomato purée to pan gravy and cook for 1 minute. Return liver to pan, cook for 3 or 4 minutes longer and serve.

BRAISED STUFFED HEART

- 1 beef heart
- 2 tablespoons chopped onions
- 2 tablespoons butter
- 1½ cups cracker crumbs
- ¼ cup water
- ¾ teaspoon salt
- ¼ teaspoon celery salt
- ¼ cup shortening
- 2 whole cloves
- ¼ teaspoon whole black pepper
- 1 bay leaf
- 1 cup consommé

Clean the heart by removing arteries, veins and any clotted blood; wash thoroughly inside and out and core. Drain. Sauté onions in butter; add cracker crumbs and mix well. Add water, salt, pepper, and celery salt and stir to blend. Stuff into heart and tie around securely with twine. Brown heart slowly on all sides in hot shortening; add the rest of ingredients; cover tightly, and simmer gently for 2 or 3 hours, or until heart is perfectly tender. Lift out bay leaf and serve at once with the gravy.

RAGOUT

- 3 or 4 onions
- Neck
- Giblets
- Heart
- Pepper
- Liver of poultry
- Left-over poultry
- Stock
- Salt

Slice the onions and brown in fat. When browned, add the giblets, and when these are also browned, sprinkle with a little flour and mix thoroughly. Cover with warm stock, season with salt and pepper, and simmer for 1 hour. Add any left-over cooked poultry 15 minutes before serving.

This ragout has many variations. Sometimes tomatoes are added, sometimes paprika, often both. Caraway seed or cumin is often used as a seasoning, as well as a sprinkling of chives. Ribbon macaroni, rice, or potato balls are served with this.

GOOSE GIBLETS AND LIVER WITH DUMPLINGS

- 3 or 4 turnips
- 1 onion
- 1 tablespoon flour
- 6 goose giblets
- 6 goose livers
- 2 tablespoons butter
- 1 tablespoon parsley, chopped
- Salt
- White pepper

Clean the giblets and chop them. Put them in a saucepan, add the sliced turnips, cover with a little water, season with salt, and bake till tender. Chop the onion and fry in butter to a light brown; sprinkle with flour, mix well, and add chopped parsley, salt, and white pepper. Remove the mixture from the saucepan, mix with the sauce; add 1 tablespoon butter, and serve with a garnish of dumplings.

KIDNEYS SAUTEED WITH JEREZ

- ½ cup wine
- 1 teaspoon chopped parsley
- 2 lamb's kidneys
- 2 tablespoons lard
- 4 tablespoons Spanish sauce
- 6 triangular croutons
- Salt and pepper

Remove the fat and skin from the kidneys, slice them and cut into small pieces. Cook the kidneys on a brisk fire with a little lard; season with salt and pepper. In 3 or 4 minutes remove from the pan and drain in a colander. Then add the sauce to it and cook for a few minutes. Transfer to a hot dish, sprinkle with chopped pars-ey, and garnish with the croutons.

LIVER AND GIBLETS OF FOWL WITH PEAS AND OLIVES

This dish may be made with the giblets and liver of chicken, ducks, goose, or turkey. Cut the giblets and liver into small pieces and cook lightly in a pan like a stew. Then sprinkle with flour and allow it to brown. Add a little crushed garlic and then moisten with water or stock. Season and flavor with a spoonful of tomato purée, some herbs, and 20 small onions, browned separately. Cook for half an hour and add peas and olives.

LIVER A LA ITALIANA

1 cup liver
1 tablespoon pounded garlic
2 onions, chopped
3 tablespoons Perrins sauce
½ cup red and green peppers
½ cup oil

Cut the liver in thin slices. Sauté in oil the garlic, add the onions then the liver; add salt and pepper to taste. Add the pepper and Perrins sauce before serving.

PAN-FRIED HEART

Select 1 young beef or small calf's heart. Split open, remove veins and arteries; wash thoroughly and drain. Slice heart crosswise in ½ inch thick pieces. Dredge slices with flour; sprinkle with salt, and pan-fry in butter or bacon drippings for about 10 minutes, or until well-browned on both sides. Serve immediately.

PORK LIVER LOAF

1 pound pork liver
1 onion
1 cup milk
1 egg
1½ tablespoons flour
Parsley
Salt and pepper
Nutmeg

Chop the liver, onion and parsley together until they are minced very fine. Add the milk and egg, flour and seasonings. Mix well, shape into a loaf, place in a baking-pan and bake in a moderate oven for an hour and a quarter.

SAUTEED LIVER WITH SWEET PEPPER

1 cup liver
2 onions, chopped
1 tablespoon pounded garlic
3 tablespoons Perrins sauce
½ cup red and green peppers

Cut the liver in thin slices. Sauté in oil the garlic and the onion, then the liver; add salt and pepper to taste. Add the pepper and Perrins sauce before serving.

TRIPE A LA CATALANA

½ kilo tripe
1 onion
4 tomatoes
½ cup white wine
1 clove garlic
Butter or lard
Potato (thin, round chips)
Mixed herbs
Parsley
Salt and pepper
Grated nutmeg

Boil the tripe for several hours till tender, then cut into very small pieces or into fine strips. Put the lard or butter in a frying pan and, when hot, add the onion, very thinly sliced, the chopped tomatoes, the tripe, the herbs, garlic, and parsley; and season with salt, pepper, and nutmeg. Moisten with the white wine and mix thoroughly. Cover the frying pan and put it over a slow fire for a few minutes. Serve, and garnish with the fried potatoes, and sprinkle with parsley and finely chopped garlic.

TONGUE

BAKED FRESH TONGUE

- 1 small, fresh beef tongue (about 2 kilos)
- 1 onion
- 1 stalk celery
- 3 teaspoons salt
- 3 whole cloves
- 1 bay leaf
- 1 cup tomato or brown sauce
- 3 cups boiling water
- 1 carrot, sliced
- 6 peppercorns

Wash the tongue thoroughly. Boil in water and salt. Remove the skin. Place in a saucepan, cover with the boiling water, add the onion stock with the cloves, carrot, celery, bay leaf and peppercorns. Bring slowly to boiling point, allow it to boil 5 minutes; skim, reduce the heat and simmer for 1 hour. Add the salt and continue simmering until tender. Trim, removing the fat and tough portions near the heavy throat end. Place in a greased baking dish, pour the sauce over and bake in a moderate oven about 25 minutes, basting frequently. Serve with mashed potatoes and spinach.

BEEF TONGUE EN CASSEROLE

- 1 beef tongue
- ¼ teaspoon pepper
- 2 teaspoons butter
- 1 cup diced carrots
- 1 cup cooked peas
- 2 cloves
- 1 tablespoon flour
- 1 cup diced turnips
- 1 teaspoon salt
- 1 bay leaf
- 1 cup diced celery
- 2 cups water

Wash the tongue and boil in salt and water to remove the skin. Place the tongue in a casserole, add the seasoning, peas and carrots, and boil until tender. When cooked, arrange the vegetables around the meat in the casserole, pour the sauce over it; cover and bake in a moderate oven until the vegetables are tender. Serve with a green salad.

BRAISED BEEF TONGUE

- 1 beef tongue
- ½ cup chopped carrot
- 1 teaspoon Worcestershire sauce
- ¼ cup chopped sour pickles
- ¼ cup chopped onion
- 1 tablespoon butter
- 3 cups tongue stock
- ¼ cup chopped celery
- 1 tablespoon flour
- Salt and pepper

Wash the tongue, cover with boiling water and simmer to remove the skin. Place the tongue in a deep casserole with the onion, celery, carrot, water, salt and peppercorn and boil until tender. Prepare a sauce by blending the butter and flour. Season with the Worcestershire sauce, salt, pepper, and pickles. Pour over the tongue in a casserole and bake, covered, in a moderate oven for 2 hours. Serve on a hot platter with strained sauce from the casserole.

CALF'S TONGUE

- 1 calf's tongue
- 1 cup half-glazed sauce
- 1 glass white wine
- 2 gherkins, diced
- 1 onion, sliced
- 2 carrots, cut into cubes
- Potatoes browned in oven
- Pinch of herbs
- Salt to taste

Blanch the tongue. Scrape it to remove the white skin. Brown the onions and carrots, cut into regular cubes. When the vegetables are browned, moisten with white wine and half-glazed sauce, strongly flavored with tomato. Season, cover, and braise slowly for 1½ hours. Skim off the fat from the sauce, and add diced gherkins and a pinch of chopped herbs. Cut the tongue into slices, and arrange in the center of a long dish bordered with ribbons of potatoes browned in the oven. Cover with the unstrained sauce.

FRESH OX TONGUE WITH RAISIN SAUCE

1 ox tongue
3 onions
2 carrots
1 bay leaf
Turnips
Thyme
Salt and pepper

For the sauce:

2 tablespoons butter
2 tablespoons flour
1 cup of stock
1 cup white wine
⅓ cup of raisins
1 teaspoon vinegar
1 teaspoon sugar
5 or 6 finely chopped almonds
Salt
A little lemon juice
A little chopped lemon peel

Soak the tongue in cold water. Put it in a saucepan, cover with cold water, bring to a boil to remove the skin; then place in a saucepan and add the sliced vegetables, herbs, salt, and peppercorns. Simmer for 3½ to 4 hours till tender. Put on a hot dish, cut in thin slices, and cover with the raisin sauce.

Melt the butter in a saucepan, stir in the flour, and cook till brown. Then add the stock, the wine, the raisins, the vinegar, lemon peels, and season with sugar and salt. Simmer till the raisins are quite soft. Before serving, add the almonds and lemon juice.

JELLIED TONGUE

2 tablespoons gelatin
1 teaspoon salt
1 tablespoon lemon juice
¼ cup mayonnaise
2 cups cooked tongue, chopped
2 tablespoons cold water
⅛ teaspoon pepper
1 teaspoon Worcestershire sauce
2 hard-boiled eggs
2 cups boiling water
1 tablespoon prepared mustard
4 tablespoons chopped pickles

Soften the gelatin in cold water, then dissolve in boiling water. Add the seasonings. Chill and, when almost at setting point, fold in the combined cooked tongue, eggs, pickles, and mayonnaise. Turn into a previously wet mold; chill until firm; unmold; and garnish with any preferred green salad and serve with salad dressing.

POTATO-LAMB TONGUE

1 lamb tongue
1 tablespoon salt
1 bay leaf
1 tablespoon flour
2 cloves garlic
2 tablespoons vinegar
2 cups water
2 tablespoons cold water
¼ teaspoon pepper
2 tablespoons olive oil
2 cups tomatoes
6 pitted olives, sliced

Clean the tongue, boil it in salted water, scrape to remove the skin, then place in a heavy saucepan with the vinegar, oil, bay leaf, and water. Simmer until the tongue is tender. Remove from the saucepan. Return to the pan, add the tomatoes and simmer for 1 hour. Serve on a hot platter, pouring over it the sauce thickened with the flour rubbed smoothly with the cold water and with the olives added at the last moment.

SPICED VEAL TONGUE

1 veal tongue (about 1 kilo)
6 whole cloves
1 tablespoon vinegar
2 teaspoons salt
2 whole peppercorns
2 bay leaves

Wash the tongue thoroughly, then simmer in water to remove the skin. When cleaned, add the peppercorns, cloves, salt, bay leaves, and vinegar. Cook for about 2 hours or until tender. Cool in the broth. Serve sliced, garnishing with stuffed tomatoes, quartered hard-boiled eggs and any preferred green salad.

STUFFED TONGUE

1 tongue
¼ kilo ground pork
½ cup ground ham
1 clove of garlic
2 boiled eggs
½ cup Oxford sausage
½ cup Bilbao sausage
1 teaspoon peppercorn
3 eggs
1 tablespoon salt

Clean the tongue, boil it in salted water, scrape to remove the skin; when very clean, slice thin lengthwise. Do not cut the tongue. When done, rub with salt and lemon juice, and simmer in water. Extend on a board and fill with the above ingredients mixed together. Sew. Fry the stuffed tongue in lard until golden brown in color, then boil in 3 cups water with onion, wine, salt, and bay leaf. Continue boiling until tongue is tender.

SWEET-SOUR FRESH BEEF TONGUE

1 medium-sized, fresh, beef tongue
5 slices bacon, chopped
1 cup tongue stock, strained
6 prunes, cooked and sieved
½ cup sliced blanched almonds
½ cup prunes
6 cups water
1 small bay leaf
3 peppercorns
1 tablespoon vinegar
1 tablespoon sugar
Rind of 1 lemon
1 tablespoon salt

Wash the tongue and simmer in water, then remove the skin. Place in a saucepan the clean tongue together with the water, pepper, salt, onions and vinegar. Boil until tender. Prepare a sauce by frying the bacon and onion together in a heavy pan, then add the bay leaf, lemon, peppercorns, tongue stock, vinegar, sugar and cooked prunes. Simmer for 15 minutes, strain and add the almonds. Slice the tongue and reheat it in the sauce.

TONGUE WITH MUSHROOMS

1 beef tongue
1 head garlic
4 teaspoons lard
6 slices ham
½ cup white wine
1 onion, sliced
2 large tomatoes
3 tablespoons tomato sauce
1 can mushrooms
1 cup stock in which tongue was cooked
Salt and pepper

Boil the tongue. Scrap the white covering thoroughly. Boil with the onion and peppercorn until tender. Cut into diagonal slices. Fry in fat until brown. Sauté garlic, onions, and tomatoes in lard. Add the wine and stock and the tongue slices. Cook over low flame, add mushrooms, ham, pimientos and continue cooking for 10 minutes longer. Season with salt and pepper.

STUFFING

MEAT OR FISH IN BREAD SHELL

Use a large or small loaf of bread, depending on the number to be served. A 10-ounce loaf serves 6 generously, possibly 8, depending on appetites. For the small family, only half a loaf may suffice. A slice about ½ inch thick is cut from the top of the loaf to make a cover; then the crumbs are scooped from the inside, leaving a shell of a scant inch, or better still, half an inch on the sides and bottom. Soft butter is spread on the inside to be stuffed with the meat, fish, poultry, or vegetable or even fruit-mixture, which is always put warm. After filling, the top edge is brushed over with an egg beaten with a tablespoon of milk, the cover adjusted and this, too, moistened with egg and milk. The loaf is placed on a generously greased baking sheet and baked in a hot oven for 30 minutes or until attractively golden brown. This loaf may be served hot or cold. If hot, serve with a hot tomato sauce or gravy; if cold, with a green salad and Russian dressing.

When it comes to stuffings for the loaf, there is almost no end to the variations that may be made. A few suggestions follow:

BEEF STUFFING

2 onions, chopped
1 cup gravy or thick white sauce
1½ cups soft bread crumbs
½ cup seedless raisins
3 thin slices cheese
2 tablespoons bacon drippings
3 cups cooked beef, ground
2 tablespoons chili sauce
2 eggs, slightly beaten
2 teaspoons salt
Pepper to taste

Brown the onions in the bacon drippings. Add the gravy, ground beef, bread crumbs, chili sauce, salt, pepper, and raisins. Heat. Add the eggs and place mixture in a hollowed-out loaf of bread. Spread slices of cheese on top, adjust cover and bake as in meat and vegetable loaf.

HAM STUFFING

1 small onion, chopped
2 tablespoons bacon drippings
3 cups cooked ham, chopped
3 sprigs parsley, minced
¼ teaspoon pepper
1 tablespoon green pepper, chopped
1 cup canned cream of tomato sauce
1½ cups soft bread crumbs
1 tablespoon prepared mustard
2 eggs, slightly beaten
2 teaspoons salt

Brown the onion and green pepper in the bacon drippings. Add the sauce and ham. Stir in the bread crumbs, and heat. Then add the parsley, mustard, pepper, salt and eggs. Stuff and bake.

LAMB STUFFING

1 cup canned peas
3 cups cooked lamb, ground
½ teaspoon salt
3 eggs, slightly beaten
1 tablespoon onion, grated
1½ cups soft bread crumbs
Pepper to taste

Combine the peas, onion, meat, bread crumbs, pepper, and salt. Heat and add eggs. Stuff and bake as above.

MACARONI AND MEAT STUFFING
(For Turkey, Chicken or other Fowls)

1 package macaroni
¼ cup Bilbao sausage
¼ cup chopped ham
2 eggs
¼ cup bread crumbs
¼ cup grated cheese
¼ cup tomato sauce
4 tablespoons onion
¼ cup olive oil
Salt and pepper to taste

Cook macaroni in water and salt; rinse and drain. Sauté in a casserole in oil the onion and the tomato sauce, then the sausage and ham and season with salt and pepper. Add lastly the cooked macaroni. Mix with this mixture the beaten eggs, bread crumbs and grated cheese.

Stuff the turkey or other fowls with the cooked mixture, sew the opening and bake in moderate oven until turkey is tender and golden brown.

PINEAPPLE STUFFING
(For Crown Roast of Mutton or Pork)

1 carrot
½ cup celery
1 cup cooked rice
½ cup raisins
1 onion
2 tablespoons lard
1 cup drained crushed pineapple
2 cups bread crumbs
Salt, pepper, and paprika

Chop fine the carrot, onion, and celery, and brown in hot lard. Add all remaining ingredients and toss lightly together in the pan.

PORK STUFFING

2 eggs, beaten slightly
2 tablespoons bacon drippings
1 cup canned tomato soup
2 cups cooked pork, ground
1½ cups soft bread crumbs
2 eggs, slightly beaten
¼ onion, chopped fine
3 tablespoons green pepper, chopped
1 cup cooked ham, ground
1 teaspoon salt

Brown the onion and green pepper in the bacon drippings; add the soup; stir in the meat, ground pork, bread crumbs, and salt. Heat. Add the eggs. Stuff and bake as directed above.

TUNA FISH OR SALMON STUFFING

1 cup thick white sauce
1 tablespoon lemon juice
⅛ teaspoon salt
1½ cups soft bread crumbs
2 cups canned tuna fish or salmon
2 tablespoons minced parsley
2 hard-boiled eggs, minced
Few gratings of lemon rind

Combine all ingredients in the order given. Stuff and bake.

QUENELLE STUFFING

1 egg
½ teaspoon salt
Flour
1 tablespoon sweet cream
¼ cup butter, creamed
2 cups boiling consommé

Beat the egg slightly with the cream and salt and add flour to make a mixture of about the consistency of a cake batter. Beat with a wooden spoon until the dough no longer clings to the spoon, then drop in tiny balls from the tip of a teaspoon into the boiling consommé, or broth. Boil 5 minutes and use as a garnish for soups or stews or for Piemontaise Medallions of Ham.

SAUCES

✓ AURORA SAUCE

¼ cup Béchamel sauce
¼ cup tomato sauce
¼ cup butter

Mix Béchamel sauce with tomato sauce to give it a rosy-orange tint. Add butter away from the fire. It is served with eggs, fowl, etc.

✓ BECHAMEL SAUCE

½ cup butter
½ cup flour
½ cup milk
Salt and pepper

Make a roux of butter and flour. Cook a few minutes without coloring and moisten with milk. Stir with a whisk until boiling. Season with salt and pepper. Cook gently for ½ hour, taking care that it does not burn. Strain.

BROWN GAME SAUCE

1 tablespoon olive oil
1 cup white wine
2 cups half-glazed sauce
1 onion, chopped
1 clove garlic
Parsley, thyme and bay leaf
Salt to taste

Cook a coarsely chopped onion in a spoonful of olive oil. Add chopped onion, a minced clove of garlic, parsley, thyme and bay leaf. Cook for a minute and moisten with 1 cup white wine. Reduce to ¾ quantity. Add 2 cups of half-glazed sauce. Simmer over slow fire. Pound to a paste the pieces of game to be used and mix the paste and the sauce together. Bring to a boil and force through a strainer.

CREAM SAUCE

Prepare Béchamel sauce, thinned out with cream, well-seasoned, and beaten with a spatula. Strain it and instead of butter, mix in ½ cup thick cream away from the fire.

CURRY OR INDIAN SAUCE

Cook 1 large chopped onion in butter. Sprinkle with a tablespoon of flour and half a teaspoon of curry. Moisten with stock and hot milk; add salt. Cook for ½ hour and strain. (Coconut milk may be used instead of milk if desired.) All the dishes with which this sauce is served are accompanied by plain boiled rice. This sauce may be served with eggs, crabs, shrimps and fish.

✓ GOLDEN SAUCE

Mix 2 chopped hard-boiled eggs in 1 cup of Béchamel sauce. Season with salt, pepper, chopped parsley, and ½ teaspoon lemon rind.

✓ MAITRE D'HOTEL SAUCE

¼ cup butter
4 teaspoons finely chopped parsley
4 teaspoons lemon juice
¼ teaspoon salt
⅛ teaspoon pepper

Cream butter until soft and smooth, and add other ingredients in the given order. Spread quickly over broiler or skillet and serve immediately. Do not return to the oven to keep hot after applying the sauce, or the parsley will lose its fresh green color. This sauce may be made ahead of time and stored in the refrigerator, but will have to be re-creamed to make it soft enough to spread. This sauce is an attractive garnish as well as a pleasing flavor accent.

✓MEDIUM-WHITE SAUCE

- 4 tablespoons butter
- 4 tablespoons flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 cups milk

Melt the butter in a saucepan over a low fire. Add the flour, salt and pepper, and stir until well-blended. Remove from heat. Gradually stir in the milk and return to heat. Cook, stirring constantly until the mixture is thick and smooth.

ONION SAUCE

Cook 1½ cups of sliced onions in salted water until nearly done. Drain them and dry off in butter in a saucepan. Add 2 cups of very thick Béchamel sauce. Season, simmer and sieve. Heat again. Add butter or cream. Serve with braised lamb, sweet bread, etc.

PEPPER SAUCE

Cook some trimmings of game in a little oil. Add chopped celery or parsley. When well-browned, pour in half-glazed sauce and ½ cup of marinade. Add half a dozen crushed peppercorns and cook slowly for an hour so that the trimmings of game have time to flavor the sauce. Skim the fat, strain and season well. Add 1 teaspoon of currant jelly. Then pour a little marinade on the strained game and add to the sauce immediately before serving.

PRAWN OR SHRIMP SAUCE

Prepare Béchamel sauce. Add a dash of salt and ½ cup of juice of pounded skins of cooked prawns. Then add a lump of butter and boil. Season with cayenne and brighten the color with a touch of carmine. (This sauce should be pink, not red.)

SPANISH GREEN SAUCE

- 2 or 3 cloves garlic, chopped
- 4 cups hot stock
- 1 tablespoon chopped parsley
- Handful of cooked peas and asparagus tips
- Salt and pepper

Put a little oil in a saucepan and when hot, add 2 or 3 cloves of chopped garlic. When the garlic begins to brown, stir in a little flour, and add gradually 4 cups hot stock and 1 tablespoon chopped parsley. Season with salt and pepper and let it simmer till reduced by one-half. Add a handful of cooked peas and a handful of asparagus tips and simmer for 10 minutes longer. Serve over boiled eggs, meat or fish.

SPANISH SAUCE

- ½ cup butter
- ¼ cup carrots
- ½ cup onions
- ¼ cup of lean ham
- ½ cup flour
- 3 tablespoons of tomato purée
- 2 tablespoons white wine
- 2 cups good stock
- A few parsley stalks
- A sprig of thyme
- A small bay leaf
- A few mushrooms

Dice the vegetables. Put the butter in a saucepan, and, when melted, add the vegetables. Simmer gently till the vegetables are slightly colored, then add the flour, mix well with a wooden spoon, and simmer gently till the flour begins to brown. Then gradually add the white wine and the stock. Bring to a boil, add the mushrooms and the tomato purée, and simmer gently for 1 hour, skimming as the scum rises.

TARTAR SAUCE

- ¾ cup mayonnaise
- 3 tablespoons chopped pickles
- 2 tablespoons olives, finely chopped
- 1 tablespoon parsley, finely chopped
- 1 tablespoon chives or onion, finely chopped

Combine all ingredients; blend well. Serve with fried fish or shellfish or with cold meat.

✓THICK WHITE SAUCE

- 6 tablespoons butter
- 8 tablespoons flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 cups milk

Melt butter over low heat. Add flour, salt and pepper. Stir until well-blended. Remove from heat. Gradually stir in milk and return to heat. Cook, stirring constantly until thick and smooth.

✓THIN WHITE SAUCE

- 3 tablespoons butter
- 2 tablespoons flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 cups milk

Melt the butter in a saucepan over a low fire. Add flour, salt and pepper. Stir until well-blended. Remove from heat. Gradually stir in milk and return to heat, and cook, stirring constantly, until thick and smooth.

TOMATO SAUCE

- ½ kilo fresh ripe, unpeeled tomatoes
- 1 large onion
- 1 carrot, sliced
- 1 tablespoon cornstarch
- 3 tablespoons sugar
- ½ pound butter
- Pinch of parsley, thyme and bay leaf
- Salt and pepper to taste

Cook a large onion and a finely sliced carrot in melted butter. Add a pinch of parsley, thyme and bay leaf. A minute later, add a spoonful of cornstarch. Add, mixing well, ½ kilo of fresh, ripe, unpeeled tomatoes that have been crushed and only their tops removed. Add salt, pepper, and 3 tablespoons sugar to counteract acidity. Cover and cook in the oven, if possible, ¾ hour, stirring two or three times, to prevent the tomato from burning at the bottom. Put through a very fine sieve. According to the use of this sauce, it can be left as it is or thinned a bit. Add butter.

When only preserved tomato purée is available, again make a little roux with butter, onion and cornstarch. Add the purée, thinning with a little stock, if it is too concentrated. Stir gently until it boils. Cook for 15 to 20 minutes and sieve. Add butter, season, and bring to desired consistency.

VELOUTE SAUCE

- 6 tablespoons butter
- 2 tablespoons flour
- 2 cups white stock
- Salt and pepper

Make a roux of butter and flour. Cook over a low heat 4 to 5 minutes, without browning. When it begins to froth, moisten with 2 cups of white stock, mix with a beater until it boils, then cook slowly 1 hour without stirring. This sauce should be smooth and thick. When it is cooked, skim it. Take off the fat. Pass through a fine strainer or sieve and cook, stirring from time to time so as to avoid the formation of scum on the surface.

PIE AND PIE CRUST

BEEF PIE

- 2 pounds round steak
- 2 sliced onions
- 2 teaspoons salt
- 1 teaspoon Worcestershire sauce
- ½ recipe of standard pastry biscuit topping
- 3 tablespoons flour
- 2 cups boiling water
- ⅛ teaspoon pepper
- 2 cups tomato, stewed or canned
- 3 cups potatoes, sliced
- 1 to 1½ cups sliced carrots
- 1 teaspoon salt

Cut beef into 1-inch cubes; dredge with flour. Melt the fat in a heavy skillet. Add meat and brown evenly over moderate heat. Add onions and cook until soft but not over-browned. Add boiling water, cover and simmer gently for ½ hour or until steak is almost tender. Add the remaining ingredients, cover and cook for ½ hour or until the vegetables are tender.

Transfer the meat and vegetables to a greased casserole. Thicken stock with flour and water, mix to a smooth paste, allowing 1 teaspoon flour for each cup of stock. Add more seasoning if desired. Pour gravy over meat and vegetables; cover with pastry or biscuit topping.

CHICKEN AND HAM PIE WITH POTATOES

- 1 chicken
- 4 sausages
- ¼ cup onion
- 5 tablespoons oil
- 1 bay leaf
- 1 tablespoon minced garlic
- ⅓ cup mushrooms
- ½ cup white wine
- 2 cups broth
- 2 tablespoons flour
- Salt and pepper to taste

Sauté garlic in oil; when golden in color, add onion, the chicken, 1 cup broth, salt and pepper. Simmer until chicken is tender, then add the sausages, and later the mushrooms, 1 cup broth and the white wine. To thicken the sauce, add flour diluted with water.

Transfer the mixture into a fireproof container covered with a pastry. Bake in moderate heat until crust is golden brown.

Chicken can be substituted with pigeon, ducks and other fowls.

FISH PIE

- 10 small white, cooked onions
- ¾ kilo fish fillets
- 2 teaspoons green pepper, finely chopped
- 4 tablespoons flour
- 2 tablespoons lemon juice
- 2 to 3 cups mashed or Duchesse potatoes
- 1 cup carrots, cooked and diced
- 2 hard-boiled eggs
- 3 tablespoons butter
- 1 cup milk
- ½ teaspoon Worcestershire sauce
- ¼ teaspoon pepper
- 1 teaspoon salt

Poach fish fillets, preferably in cooked bouillon; drain, reserving stock. Flake fish coarsely. Arrange fish, carrots, onions and eggs in layers in a greased casserole. Heat butter; add green pepper and cook for 5 minutes. Blend in flour. Slowly add milk and 1 cup of the fish stock and salt. Cook over low heat until thick, stirring constantly. Add lemon juice, Worcestershire sauce and seasonings. Pour over fish in casserole. Top with mashed or Duchesse potatoes, using a decorating tube or heaping the potatoes slightly.

CHICKEN PIE AND HORS D'OEUVRES

CHICKEN WITH PRUNES

LAMB PIE

1 kilo lamb shoulder
2 tablespoons fat or salad oil
3 cups boiling water
1½ cups peas
1 recipe of standard biscuit or standard pastry
¼ cup flour
2 medium-sized onions
⅛ teaspoon marjoram
8 carrots, cut into pieces 2 inches long
2 teaspoons salt

Sauté the meat in oil, onion, salt and vegetables. When meat and vegetables are cooked, transfer to casserole or baking dish. Pour thickened gravy over meat and vegetables. Cover with standard biscuit or pastry dough patted out to ¼ inch thick, and bake. For biscuit or a deviled pinwheel topping, use hot oven; for pastry topping, bake for 15 to 20 minutes.

Mashed white or sweet potatoes or Duchesse potato topping may also be used. A quick topping is made by covering pie with dry bread thinly sliced, cut into rounds or other shapes and lightly brushed with melted butter. The potato and bread toppings should be baked in an oven hot enough to brown.

PETITES BOUCHES A LA REINE

4 cups butter
Salt to taste
1 teaspoon lemon juice
4 cups flour
1 cup ice water

Sift the flour over a marble table and add salt. Make a hole at the center of the flour, put the ice water with the lemon juice. Knead with the finger tips, without overhandling the dough, so as not to make it at all elastic. This mixing must be done quickly. The dough must stand in a cool place for 15 minutes. Flatten out the dough and place the firm butter in the middle. Fold over the four corners of the dough so that the butter is quite covered.

With the rolling pin, roll out the dough into a long strip. It should be rolled until the butter can just be seen. Do not press heavily with the rolling pin. Use as little flour as possible so as not to destroy the proportion of flour. When the pastry is in an even rectangle, fold it thrice, placing one end on the middle and the other end on the first. The dough is then turned around and once more is rolled with the rolling pin. Once more, fold thrice in opposite direction to the first.

Allow the dough to stand in a cool place for 20 minutes before starting two more turns. Remember that the second turn must be in opposite direction to the first. Allow to stand for 30 minutes again. Make two more turns to make a total of six turns. This is the number of turns necessary for Puff Pastry. The dough is ready for the shells of the pie.

Roll to ½ inch thickness. Cut into desired forms. Make a hole at the center with a small cutter. Bake. Fill with the following filling:

½ cooked chicken
6 champignons
1 cup Béchamel sauce
⅛ kilo cooked ham
2 truffles
1 cup cream
2 egg yolks
Salt, pepper and nutmeg to taste

Cut the chicken, champignons, cooked ham and truffles. Sauté the chicken and the rest in oil. Add salt and pepper, then mix all the other ingredients. Cook for 10 minutes.

OYSTER PIE

3 cups oysters
3 tablespoons butter
3 tablespoons flour
1 recipe of rich biscuit topping
2 tablespoons parsley, finely chopped
1½ cups oysters' liquor and milk
2 teaspoons grated onion
1 cup carrots, cooked and diced
¼ teaspoon pepper
Salt to taste
Celery

Drain oysters, reserving the liquor. To liquor, add enough milk to measu 1½ cups. Heat butter; add celery and onions. Cook over low heat about 5 mi utes. Blend in flour. Slowly add milk and oysters' liquor and cook over low hea stirring constantly until thick. Add carrots, parsley, oysters and seasoning Pour into greased casserole. Cover with biscuit topping. Bake in hot oven fo 25 to 30 minutes or until brown.

PASTEL DE POLLO

1 chicken, cut into slices
2 tablespoons salt
1 bay leaf
2 tablespoons oil
1 whole onion, diced
1 cup water
1 cup diced carrots
4 potatoes, cut into quarters
1 can French mushrooms
1 can Oxford sausage
1 head garlic
½ tablespoon flour
½ cup diced ham
Pepper

Sauté the garlic in oil until brown. Add the chicken, ham, onions, mushrooms, carrots, flour and salt. Add the water and cook until the chicken is tender. Add the fried potatoes, bay leaf, pepper and Oxford sausages, cut into cubes.

Fill the baking dish with the mixture and cover with a good pastry. Bake in moderate oven after brushing the top with egg yolk.

SHRIMP AND FISH PIE

½ kilo fillets of haddock, sole or bass
2 cups shrimps, cooked
1 tablespoon onion, grated
Salt and pepper
2 tablespoons parsley, finely chopped
2 cups medium-white sauce
1 recipe savory biscuit topping
2 tablespoons lemon juice

Cut fillets into small pieces and poach or steam. Arrange fish and shrimps in layers in a greased casserole and sprinkle layers with onion, lemon juice, parsle Add salt, pepper and white sauce. Cover with biscuit topping.

Bake in a hot oven for 25 to 30 minutes or until brown.

TONGUE PIE

1 tongue
¼ kilo ham
1 cup carrots
½ cup mushrooms
1 bay leaf
½ cup olive oil
¼ cup onions
½ cup white wine
6 tablespoons Perrins sauce
A piece of cinnamon
Salt and pepper

Clean the tongue. Boil in water and salt. Remove the skin; marinate with vinegar, salt, garlic and pepper for 2 hours.

Afterwards, fry the tongue in oil. When golden in color, add the onions, the ham, white wine and water. Boil until tongue is tender. Add the mushrooms, carrots, and spices. When vegetables are cooked, add Perrins sauce and remove from fire.

Cut the tongue and the ham in cubes of one-half inch. Transfer to a fireproof container and cover with a pastry.

Bake in moderate oven until crust is golden brown.

VEAL AND HAM PIE

Marinate ¼ kilo of veal with a little brandy, salt, pepper and spices.

Sauté the veal in oil and onions with the spices, salt and the brandy used for the marinade. When the meat is tender, fill half of the mold lined with pastry; then add a slice of cooked lean ham of about 2 ounces. On top of the ham, place the piece of veal and another slice of ham. Lastly, fill up the mold with the rest of the filling. Cover this with a thin strip of bacon and a very small piece of thyme and bay leaf. Cover the top of the mold with the pastry. Brush with egg, and make a slit in the center so that steam may escape.

Cook the pie in a hot oven for 40 minutes. The test of its being thoroughly cooked is the juice escaping from the hole in the center.

PIE CRUST

BREAD CRUMB PIE CRUST

1½ cups bread crumbs
¼ cup flour
¼ cup brown sugar
½ teaspoon salt
½ cup butter
2 tablespoons lemon juice

Spread bread crumbs in a baking dish and heat in a slow oven until thoroughly dry. Roll out until very fine. Blend well with other ingredients, adding water if needed, until mixture holds position. Form an even layer at the bottom and the sides of a buttered pie plate. Cool before adding filling.

CHEESE PASTRY

2 cups sifted pastry flour
½ teaspoon salt
½ cup shortening
1 cup grated cheese
5 to 6 tablespoons water

Sift together the flour and salt, cut in the shortening as for short pastry, work in the cheese lightly with a fork, then add the water, using only just enough to bind the mixture. Roll out on a lightly floured board. Brush the bottom crust either with melted shortening or a little egg white. Bake in moderate oven.

FLAKY PASTRY — STANDARD PIE CRUST

2 cups sifted pastry flour
⅔ teaspoon salt
½ cup shortening
6 tablespoons water

Sift together the flour and salt; chill the shortening thoroughly, then cut it in quickly and lightly until the mixture resembles peas in size.

There is a knack to this method of mixing the dough which must be handled very quickly because the heat of the hands may melt the shortening. A pastry blender or chopping knife may be used, but hand manipulation seems best. The fat particles are rubbed with the fingers so that they are flattened between layers of flour, rather than being squeezed together. More air is incorporated in this way. The essential thing is to work quickly. See to it that all ingredients are thoroughly chilled. Add the water quickly and chill before rolling out.

POTATO PIE CRUST

1 cup flour
¾ teaspoon salt
½ teaspoon sugar
⅔ cup mashed potatoes
¼ cup shortening

Mix all ingredients to a rough consistency. Chill and press into pan. Bake in moderate oven until golden brown.

FOWLS

CHICKEN

BREAST OF POULTRY A LA SARASATE

- 1 cup sliced fillet of veal
- ½ cup sherry
- Breast of any kind of poultry (chicken, turkey, duck)
- Bread soaked in milk
- A few slices of cooked ham for fillet
- Slices of fried bread
- Fresh green peas
- 1 or 2 eggs
- Pepper
- Salt
- A little grated nutmeg
- Spanish sauce

Carefully remove the breast from the fowl and cut in halves. Chop the veal and mix with the bread previously soaked in a little milk. Season with salt, pepper and nutmeg; and bind with the eggs. Lay spoonful of the mixture on each half breast, cover with a slice of ham, trimmed to the same size, and place on a buttered meat pan. Dot with butter and cook in a moderate oven. When done, put each fillet on a slice of bread, fried in butter. Cover with a little Spanish sauce flavored with sherry, and serve with boiled fresh green peas.

CAPONS

Capons are large, plump, tender, young castrated roosters especially fattened for the table. They are prepared for cooking in the same way as chickens. For stuffing, choose a mild dressing such as oyster, chestnut, mushroom, celery, or nut, as the meat is very delicately flavored.

CREAMED CHICKEN

- 1 chicken, cut in 8 to 10 pieces
- 2 small onions, finely chopped
- 1 or 2 cloves garlic, finely chopped
- ½ cup mushroom
- 6 or 8 tablespoons butter
- 1½ teaspoons salt
- 2 cups water
- ½ cup cream
- Pepper to taste

Fry the onions and garlic in the butter till well-browned. Add the condiments, stirring in the onions and garlic. When well-mixed, add the chicken cut into pieces, and cook till light brown in color. Then add hot water and simmer till the chicken is quite tender and the sauce is reduced to half its original quantity. Lastly add the cream. All poultry can be cooked in this manner.

✓CHICKEN STEW

- 1 chicken
- Butter, salad oil or other fat
- 1 pint rich stock
- 12 button mushrooms
- 12 potato balls
- 1 carrot, sliced
- 6 small onions
- Salt, pepper and paprika

Wash the chicken and cut it up. Sauté the pieces in a little fat until well-browned on all sides. Place in greased casserole, add brown stock, cover and cook for an hour over a slow fire.

When the chicken has been cooked, sauté the sliced carrot, the potato balls the onions and the mushrooms in a little fat, stirring them lightly around until they are well-browned. Put these with the chicken in the casserole, season with salt, pepper and paprika, add more salt if needed, cover and cook for ¾ of an hour, then remove the cover and allow the chicken to brown before serving.

CHICKEN MALAY CURRY

- 1 chicken
- 4 teaspoons ground onions
- 1 teaspoon curry powder
- 1 teaspoon fresh red and green chilies, cut lengthwise
- ½ teaspoon ground ginger
- 3 or 4 cloves garlic
- 1½ teaspoons salt
- 2 ounces butter
- 2 cups thick coconut milk
- 2 or 3 cucumbers
- Cinnamon sticks

Divide the chicken into 8 or 10 pieces. Peel the cucumbers and cut into 2-inch cubes. Brown all the condiments in butter, then add the pieces of chicken and cook to a light golden brown. Add the cucumbers, the coconut milk, curry powder and the salt and simmer for 30 to 40 minutes.

CHICKEN MARENGO

- 1 chicken, jointed
- 2 tomatoes
- 1 tablespoon tomato purée
- 2 tablespoons white wine
- 6 tablespoons beef stock
- 2 tablespoons oil
- 12 pickling onions
- 12 mushrooms
- 1 clove garlic
- Salt and pepper
- A sprinkling of flour

Put the oil in a saucepan and, when hot, add the pieces of chicken and cook until golden brown on all sides. Add the tomatoes and the tomato purée. Sprinkle the joints with a little flour and stir well till the flour is brown. Add the white wine, the stock, the mushrooms and onions, previously slightly browned in butter. Season with salt and pepper; add the clove of garlic; and simmer gently for 1 to 1½ hours. Put the pieces of chicken on a hot dish, garnish with the mushrooms, onions, and croutons, and pour the sauce over them. Sprinkle a little chopped parsley.

CHICKEN SAUTEED A LA PORTUGAISE

- 1 chicken
- 1 tablespoon chopped garlic
- 2 onions, chopped
- ½ cup tomatoes, chopped
- ¼ cup mushrooms, cut
- Salt and pepper

Joint the chicken into 8 pieces, and cook to a rich golden color in a little oil. Add chopped garlic and 2 onions and, when the onion is slightly golden, add the chopped tomatoes and previously cooked mushrooms. Season with salt and pepper. Simmer gently until chicken is tender. Arrange the pieces of chicken on a hot dish, pour the sauce and the mushrooms over them, and garnish with small cooked potatoes.

CHICKEN WITH PRUNES AND CARROTS

- 1 chicken
- 1 onion
- Broth of chicken
- 1 cup prunes
- 4 tablespoons lard or oil
- 2 cloves garlic
- 4 tablespoons white wine
- 1 tablespoon cornstarch
- 1 tablespoon salt
- ½ cup carrots

Clean the chicken, joint and salt. Sauté the garlic in lard or oil and add the onions then the chicken, stock or water. When chicken is tender, add 4 tablespoons white wine, the carrots cut into 1-inch cubes, and prunes. When chicken is cooked, thicken with cornstarch diluted with water to make sauce thick.

CHICKEN WITH CASHEW

½ cup butter or margarine
1 ready-to-cook young chicken
1 cup thinly sliced onions
2 medium-sized tomatoes, coarsely chopped
1½ cups milk
1 clove garlic, minced
⅛ teaspoon ginger

⅓ cup coarsely chopped cashew nuts (save whole nuts for garnishing)
⅛ teaspoon black pepper
⅛ tablespoon chili powder
2 tablespoons all-purpose flour
2 cups water
1 teaspoon salt

Melt the butter or margarine in a large skillet. Wash the pieces of chicken in cold water and dry. Place chicken in hot fat to brown. Add the onions. Allow the onions to become golden in color. Add the tomatoes, garlic, ginger, salt, black pepper and chili powder. Cover with a lid and simmer for 1 hour or until the chicken is tender. Dilute the cornstarch with water to make a thin paste. Stir some of the hot gravy into this mixture. Stir the flour-water mixture into the hot chicken mixture. Cook several minutes or until gravy thickens. If a thinner mixture is desired, add water. Stir in the cashew nuts. Place on a platter and garnish with whole cashew nuts.

CHICKEN WITH GOLDEN EGGS

1 chicken
10 eggs

3 tablespoons Béchamel sauce
Salt

Lightly cook the chicken in butter and then add a light Madeira sauce. Cover and allow to cook in the pan for 30 to 40 minutes. Meanwhile prepare 10 hard-boiled eggs; chop and mix them over the heat with some tablespoons of Béchamel sauce and 2 egg yolks. Allow this mixture to cool after it has been well-cooked. Divide into pieces and shape each piece into an egg. Coat and fry them. Arrange the chicken on a long dish with the sauce which has been skimmed of fat. Place the eggs all around, either in groups at each end of the dish, or upright in small shells of short crust, imitating egg cups.

CHICKEN WITH PINEAPPLE

1 chicken
1 can pineapple
2 cups green pepper
2 cups celery

2 eggs
¼ cup white wine
½ cup vinegar
Salt and pepper

Dress the chicken, cut into desired pieces. Cut pineapple, celery, and pepper. Sauté the chicken in onion and oil until chicken is golden brown in color. Add the wine and cook until chicken is tender and mix well together with a little cornstarch, pepper and salt. Put the pineapple and celery into a pan with hot oil and fry for 2 minutes. Add the chicken, mix well and add the beaten eggs. Cook for 5 minutes.

CHICKEN WITH SAUCE AND "UBOD"

1 chicken
1 onion
Broth of chicken or beef
¼ cup lard
4 tablespoons white wine

2 cloves garlic
1 tablespoon cornstarch
1 tablespoon salt
2 cups *ubod* cut into cubes

Clean the chicken, joint and salt. Sauté the garlic in lard, add the onion, the chicken, then 3 cups stock or water. When chicken is tender, add 4 tablespoons white wine and the *ubod*, cut into 1-inch cubes. When the chicken is cooked, thicken with cornstarch diluted with water.

CHICKEN WITH TOMATO SAUCE AND PEAS

1 young chicken
½ cup native vinegar
¼ cup onion
¼ cup tomato
1 cup peas
½ head garlic, macerated
½ tablespoon pimiento
½ cup lard or oil
½ cup water
Salt and pepper
Laurel leaves

Disjoint the chicken and simmer in vinegar and water with the garlic head, salt and pepper. When the liquid has evaporated, add the lard and brown the chicken and the garlic in it. Add the chopped tomatoes, sliced onion and pimiento and the peas. Add more water, if necessary. Cover and continue simmering until tender. Chop the liver and add to the mixture, stirring until well-blended.

CURRIED CHICKEN

½ cup minced onion
5 tablespoons butter or margarine
1 cup chicken broth
1 teaspoon lemon juice
¼ teaspoon crushed ginger
½ cup evaporated milk or coconut milk
4 cups diced chicken meat, boiled
2½ teaspoons curry powder
½ cup water
1½ teaspoons sugar
6 tablespoons flour
1 tablespoon salt

Sauté the onion in the butter in a saucepan. Stir in flour, curry powder, salt, sugar and ginger. Add the chicken broth and milk and cook over boiling water, stirring constantly until thick. Add the sliced chicken meat and lemon juice. Allow to boil again, stirring constantly. Serve hot.

DEVILED CHICKEN

1 young chicken
4 tablespoons oil
Ginger
Salt
Pepper

Clean and skew a young chicken as for grilling. Brush over with oil, and season highly with salt, pepper, and ginger. Broil over chopped charcoal or wood fire. Serve very hot. Ginger gives it quite a distinctive flavor.

FRICASSEE OF CHICKEN A L'ESPAGNOLE

1 fowl
1 tablespoon chopped onion
1 cup cooked peas
½ cup white wine
1 cup stock
A pinch of saffron
Dash of nutmeg
1 tablespoon flour
Salt
Pepper
Mixed herbs

Joint the fowl and put the pieces in a saucepan with oil or lard and the chopped onion. Season with salt, pepper and mixed herbs. When the chicken begins to brown, sprinkle it with flour. Add the white wine, then the stock and simmer till tender, skimming carefully. Season with a little saffron and nutmeg. To serve, put the pieces of chicken on a hot dish, strain the sauce over them, and garnish with peas.

FRIED YOUNG CHICKEN

2 young chickens
Flour
2 egg yolks
Fine bread crumbs
Salt and pepper
Butter or fat

Quarter the young chickens, sprinkle freely with salt, and let them stand for ½ hour. Then dip the joints in flour, coat with egg yolks and finally with fine, white bread crumbs. Fry in butter or fat till golden brown. A lettuce salad, with slices of hard-boiled eggs, is served with this.

GALANTINA

1 large fleshy chicken
2 hard-boiled eggs
1 large carrot, sliced lengthwise
⅓ cup peas
¼ cup red pimiento, cut into slices
3 pieces Bilbao sausages

3 pieces Oxford sausages, ground
2 cups pork, ground
2 cups ham, ground
3 eggs, raw, slightly beaten
Truffle or clotted chicken blood
Salt and pepper
White wine
Kalamansi juice

Soak the boned chicken in salt, white wine, *kalamansí* juice and ground pepp Meanwhile, mix the ground pork, Oxford sausages, ham, Bilbao sausages, 3 r eggs, peas, and red pimiento. Season with salt and pepper.

Fill the boned chicken with the meat mixture and insert at the desired poi the hard-boiled eggs, carrot, and truffles. Wrap in a cheese cloth and ti tightly. Steam for 1½ hours. When done, remove from fire and allow to cool i a refrigerator.

SAUTEED YOUNG CHICKEN

2 small chickens
1 piece of ham
2 onions
1 cup stock
Tomato purée

½ cup of sherry
A few potatoes, diced
Butter
Mixed herbs
Salt and pepper

Joint the chicken and cut the ham. Brown them in butter or oil, and th chopped onions, mixed herbs. Season with salt and pepper. When nicel browned, moisten with the wine, the tomato purée, and stock. Cover, and p in the oven till the chickens are tender. Serve with tomato purée and dic fried potatoes. Pour the sauce over the chicken.

STUFFED CHICKEN

1 big chicken
½ cup raisins
1 Bilbao sausage
2 hard-boiled eggs
1 can Vienna sausages
½ kilo ground pork

2 slices Chinese ham
2 tablespoons *kalamansi* juice
2 raw eggs
1 big onion
Salt to taste
2 tablespoons flour

Dress and bone the chicken. Soak in salt, *kalamansí* and white wine. Mi the onion, slice the ham and sausages into cubes. Mix all ingredients with the po Add raisins and raw eggs and season with a little salt.

Stuff the boned chicken with the mixture and the hard-boiled eggs. Sew u the openings. Wrap in a cheese cloth. Put in a saucepan together with th bones, and add 3 cups water. Add bay leaf and cook until tender. When tend remove from the broth and fry until brown.

Get the remaining broth and prepare a gravy by adding to it 2 tablespoo flour and salt to taste. Cook until thick.

DUCK AND PIGEONS IN NEST

STUFFED CHICKEN

BIRDS

BIRDS WITH CABBAGE

6 young birds
1 pound cabbage with coarse outer leaves
¼ cup sausage, sliced
2 cups carrots
A large slice of fat bacon
1 large onion, stuck with cloves
3 tablespoons white wine
1 tablespoon flour
4 tablespoons butter
Salt and pepper
Lard

Clean and salt the birds. Melt a little lard in a saucepan and, when hot, put in the birds. Cook until slightly and evenly browned. Remove the birds from the saucepan. Put in the bacon; add a layer of cabbage, previously washed, blanched, well-drained; and season with little salt and pepper. Over this, place the birds, the carrots, scraped and left whole, the sausage, the onion, the herbs, and the wine. Cover with oiled paper and a close-fitting lid. Simmer very gently in the oven for about 1 hour. Remove the birds as soon as they are quite tender, adding them again to the cabbage a few minutes before serving. To serve, cut the bacon in small pieces, slice the sausages, place the cabbage in the center of the dish with the birds over them, and garnish with the sausages. Pour over the whole a little of the stock thickened with a little flour and butter.

BIRDS IN MARINADE

4 young birds
¼ cup oil
½ cup vinegar
1 tablespoon parsley
2 cloves garlic
¼ cup white wine
Salt and pepper

Divide the birds into 4 pieces, and brown them lightly in casserole with oil, seasoning highly with salt and pepper. Cover with vinegar and wine. Add the chopped herbs and garlic, bring to a boil and simmer gently over low fire till the birds are quite tender. The birds can be eaten either hot or cold.

BRAISED BIRDS A LA CATALANA

6 birds
4 sausages
½ cup lean pork
½ cup fat bacon
4 onions
1 truffle
Birds' livers
Croutons
1 tablespoon lemon
1 clove garlic
1 bay leaf
1 tablespoon vinegar
3 tablespoons wine
Parsley
Salt and peppercorns

Make the stuffing with the chopped sausages, lean pork, the birds' livers, and chopped truffle. Cook this in lard or butter, seasoning with salt and pepper. When done, stuff the birds with the mixture. Put them in a saucepan with slices of fat bacon, a little oil, chopped onions, a piece of dried orange, garlic, and herbs. After 10 minutes, add the dissolved chocolate, the vinegar, wine, and a seasoning of salt and peppercorns. Simmer with the lid until the birds are tender. Put the birds on a hot dish and pour the contents of the saucepan over them. Garnish with croutons.

PIGEONS, SQUABS AND OTHER BIRDS

FRIED SQUABS WITH SAUCE

4 squabs
3 tablespoons flour
½ cup onion, chopped
2 tablespoons parsley, chopped

1 tablespoon salt
¼ tablespoon pepper
⅓ cup butter

Dress and clean the squabs; salt and soak in a solution of *kalamansi*, white wine, and pepper. Fry in deep fat. Make a sauce in the following way:

Melt butter. Add the chopped onions and chopped liver. Season with salt and pepper; then mix the flour diluted with water. When done, pour over the fried squabs.

ENGLISH STUFFED PIGEONS OR SQUABS

4 pigeons or squabs
¼ cup pork
¼ cup sausage
2 eggs

¼ cup onion
¼ cup ham
1 slice of bread
Salt and pepper

Chop and lightly brown in butter, 1 medium-sized onion for each pigeon used. Chop onion, pork, ham, and sausage very fine. Soak a small piece of bread in stock; squeeze dry. Mix together the fat, the bread, onion, 2 whole eggs, salt, pepper, parsley, sausage cut fine, and the bread crumbs. Stuff the pigeon and sew up the opening. Truss the pigeon and cover it with bacon if it is to be roasted. If it will be cooked in a casserole do not cover with bacon. Cook the pigeon and the stuffing long enough. It is usually served roasted but it may also be served in a sauce with an appropriate garnish.

PIGEONS A LA VALENCIENNES

3 pigeons
½ cup butter
1 bunch parsley

¼ cup bacon
¼ cup small onions
1 cup rice
Salt and pepper to taste

Cut six ounces of bacon into small pieces, fry them for a few moments in butter, then lift out, leaving the fat in the saucepan. Into this, put the clean and trussed pigeons, a few small onions and a bunch of parsley. Fry. Then moisten to half their height with stock and finish cooking over a moderate fire. When they are almost done, strain the stock and return into the saucepan without the onions and parsley. Let boil; then add 1 cup rice for every 4 cups of liquid. Put back the bacon and a spoonful of prepared red pepper and cook all together. Dish up the rice, untruss the pigeons and dress them on top with small sausages and the small onions.

PIGEONS EN CASSEROLE

3 pigeons or squabs
3 tablespoons butter or other fat
Bacon
Flour

1 onion
Veal broth or white stock
Vegetables, if desired

Clean and wash young pigeons and tie a strip of bacon around each one, or cut the breasts if preferred. Place the butter or other fat in a casserole, slice a mild onion over the fat, then arrange the pigeons over the onions. Add enough veal broth or white stock to half-cover the pigeons and set in the oven to cook until tender.

When nearly done, vegetables may be added. At serving time, thicken the liquid in the casserole by stirring into it flour mixed smoothly in a little water, allowing 1 tablespoon of flour for each cup of liquid.

PIGEONS IN CABBAGE

8 pigeons
½ pound bacon
1 cup stock
½ cup turnips
6 pieces of bacon
4 sausages
1 cabbage
¼ pound fat pork
½ cup carrots
½ cup small onions
½ cup brown sauce
2 tablespoons salt

Blanch half of the cabbage and cut it up into two parts. Remove the core, and braise these with half a pound of bacon. Place some melted fat of pork in a saucepan and fry the pigeons in it. When cooked, arrange them over the cabbage and garnish the spaces between the pigeons with turnips and carrots each blanched separately, and small onions browned in a pan. Season and then transfer the saucepan into a moderate oven. Finish cooking the pigeons and vegetables very slowly. Untruss the birds and dress them over with braised cabbage laid in the center of the dish. Between the pigeons place a cluster of onions, turnips and carrots, separating each one of these by a thick slice of fried bacon standing upright. Increase the quantity of pigeon stock with a little clear gravy; strain this and pour part over the pigeons; cut the sausages in slices and dress them around the pigeons one overlapping the other. Serve the rest of the sauce separately.

PIGEONS IN SAUCE PIQUANTE

The number of pigeons required
2 beaten egg yolks
Salt and pepper
Flour
Fine white bread crumbs

Flatten out the pigeons for grilling, salt and marinate with vinegar and garlic. Set aside for 1 hour. Then dip in flour, brush over evenly with the yolks of eggs. Season with salt and pepper and then coat with bread crumbs. Grill the pigeons. Serve with hot sauce, such as sauce diable, piquante, or tartar.

PIGEONS WITH CRABS

6 pigeons
6 crabs
⅓ cup butter
¼ cup white wine
½ cup diced onions
1 tablespoon celery
2 eggs
1 cup water
2 tablespoons cornstarch
Salt and pepper

Clean the pigeons and salt them. Lay them aside for 1 hour. Meanwhile, prepare the stuffing. Cook the crabs. When cool, separate the meat. Sauté the meat in lard and onions, pepper and salt to taste. Add the whole eggs. With this mixture, stuff the pigeon. In a saucepan place the pigeon with butter, diced onions, white wine, water, salt and pepper to taste. Cook until pigeons are tender. To thicken the sauce add cornstarch diluted with water, then add the celery.

POTTED PIGEONS

4 pigeons
⅓ cup butter
¼ kilo bacon
¼ cup onions
½ cup thin sauce
4 pieces crackers
Salt and pepper
Parsley

After cleaning and singeing the pigeons, cut each into 4 pieces; put the butter in the saucepan with the bacon cut into ¼ inch squares. When these begin to brown, add the sliced onions. Arrange the pigeons in an earthen pot or deep dish with a bed of bacon at the bottom, the pigeons on top and more bacon over. Add salt, pepper and sprigs of parsley and moisten with thin brown sauce, placing here and there a few pieces of crackers dipped in water. Boil and let simmer in the oven until thoroughly done; serve in the same stock they have been cooked in.

PIGEONS WITH OLIVES

4 pigeons
½ cup half-glazed sauce
½ cup olives
Salt and pepper

Kill and clean the pigeons. Salt and marinate with garlic, pepper and *kalamansí* juice and moisten them with half-glazed sauce. At the last moment add pitted olives after having blanched them to remove the salt.

PIGEONS WITH PEAS

4 pigeons
⅓ cup onion
2 bay leaves
¼ cup mushrooms
⅓ cup butter
1 cup water
½ cup peas
Salt and pepper

Clean the pigeons and truss. Cook them lightly in butter and onions in a casserole over low heat. When the pigeons are tender, add the mushrooms and the peas.

PIGEONS WITH SAUCE

6 pigeons
3 tablespoons vinegar
¼ cup onions
2 cups stock or water
½ cup oil
¼ cup wine
2 bay leaves
2 tablespoons bread crumbs
Salt and pepper

Kill the pigeons, separating the blood in a container with 3 tablespoons vinegar. Then clean them and salt. Fry them in the oil until golden. Set aside. In the oil in which they were fried, sauté the chopped onions and the pigeon, adding the wine, salt, pepper and bay leaves. Add stock or water if necessary. Cover the pan and boil until the sauce is reduced to half its original quantity or until the pigeons are tender. Add the bread crumbs and the blood of the pigeons.

PIGEONS WITH VINEGAR

4 pigeons
½ cup vinegar
½ cup pickled onions
¼ cup Spanish sauce
Salt and pepper

Clean the pigeons, salt and soak them in a solution of vinegar, salt and pepper. Roast the pigeons, basting frequently. When done, place on a hot dish and cover with the sauce to which the vinegar has been added. Garnish with glazed pickled onions.

SQUABS, PARTRIDGE STYLE

4 squabs
1 cup sausages, chopped
1 cup peas
6 tablespoons butter
¼ kilo potatoes
1 sprig parsley
2 tablespoons white wine
⅛ cup mushrooms
2 tablespoons flour
2 tablespoons oil
12 slices bacon
Salt and pepper

Dress the squabs, and season with salt, pepper, oil and bacon; leave them in the oven for half an hour. When done, place them on a large platter and serve with potato purée, parsley and sauce made as follows:

Parboil in butter 2 tablespoons flour, chopped sausages, peas, mushrooms, ½ cup water and season with salt, pepper and 2 tablespoons sherry.

DUCK

BRAISED DUCKS WITH OLIVES

2 ducks
1 cup white wine
1 cup stock
¼ kilo fat pork
1 cup green olives
1 tablespoon salt

Dress the ducks and lay them in a saucepan lined with fat pork; moisten to half their height with white wine and boil, skim and simmer slowly for 45 minutes to 1 hour. Stone 1 cup of green olives, blanch, drain and add them to the brown sauce taken from the stock of the ducks after it has been strained and skimmed. Dress the ducks, cover lightly with sauce and garnish around with the olives.

DUCKLING A LA ANCIENNE

¼ cup bacon
½ cup liver of duck or chicken
1 cup bread crumbs
2 onions
Parsley
Salt and pepper

Stuff a duckling with the following filling: ¼ cup of fat bacon lightly cooked with chopped onion, ½ cup of liver of chicken or duck and if desired, raw *foie gras*, chopped parsley, salt and spices. Keep the livers under-done. Mix into the stuffing a handful of bread crumbs dipped in stock and pressed dry. When the duck is stuffed, sew up the openings, and wrap it in a cloth. Boil it for about an hour in a very rich brown stock prepared in advance. Serve accompanied by a brown sauce made with the liquid of the duck and flavored with wine. This food is equally appreciated cold.

DUCKLING WITH ORANGES

1 duckling
2 cups water
1 onion
Bay leaf
Juice of 2 oranges
Rinds of 2 oranges

Cook the duckling with 2 cups water, onion and bay leaf until tender. When it is cooked, remove the fat and strain the sauce. Add to it the juice of 2 oranges and the rinds finely shredded and blanched for 3 minutes in boiling water. Do not allow the sauce to boil after adding the oranges. Cut the duck and cover it with this sauce. Garnish all around with slices of oranges with seeds and skin removed.

DUCK MONTANESA

1 duck
2 tomatoes
1 tablespoon flour
1 cup stock
¼ cup pickled onions
1 onion
1 tablespoon paprika
½ cup sherry
⅓ cup mushrooms
2 cups small potatoes
Salt

Joint the duck and cook in a casserole with hot oil till evenly browned. Add the chopped onion, and, when golden brown, sprinkle with a little flour and mix thoroughly. Then add the sliced tomatoes, the sherry, and the stock, and season with paprika and salt. Simmer gently for 1 hour till the duck is tender. To serve, place the pieces of duck on a hot dish, strain the sauce over them, and garnish with the mushrooms and onions, previously cooked in oil or butter, and the small potatoes.

DUCK WITH SAUERKRAUT

1 duck
½ cup carrots
½ cup raw sausage
½ kilo pork
¼ cup onion
2 tablespoons garlic
Parsley

Dress the duck; place it in a saucepan lined with fats of pork, some ca rots, onions and a bunch of parsley; moisten with boiled stock; skim and cook i a moderate oven for 1½ hours. Put 1 cup well-washed potatoes in a saucepan a add the onions, ½ cup of sliced carrots, and pounded garlic. Moisten with ha broth and half fat taken from the stock-pot. Boil and cook slowly for 2 hour Drain and dish it around the duck with the sausage and bacon cut in slices. Ad the sauce taken from the duck.

DUCK WITH TURNIPS

1 duck
3 tablespoons lard
3 turnips
2 tablespoons flour
Mixed herbs, butter, salt and pepper

Put the lard in a large saucepan, and, when hot, put in the duck. Cook slowly, turning the duck occasionally until golden brown. Remove from the saucepan, stir in the flour, diluted with the hot stock. Skim off the fat as it rises. Now pour the sauce through a sieve into a bowl, rinse the saucepan thoroughly and put the sauce back in it with the duck. Cover closely and simmer very gently for half an hour. Peel the turnips and trim them, cut in thick round slices, and cook in butter, sprinkling a little sugar over them till they begin to brown. Then add them to the duck. Cover and simmer for 40 minutes. To serve, put the duck on a hot dish, with the turnips around it, and strain the gravy over it.

RAGOUT OF DUCK OR CHICKEN

1 duck or chicken
2 tablespoons butter
2 tablespoons cooking oil or fat
1 tablespoon vinegar
Salt and pepper
1 sliced onion
1 clove garlic
1 cup stock
Sprig of parsley

Clean and cut the duck or chicken. Heat butter or oil or drippings in a frying pan. When hot, add the meat. Season with salt and pepper and cook until the meat is slightly brown. Remove the meat, add the onion to the fat and cook until brown. Add the garlic, parsley, the stock and vinegar. Return the meat to the pan and simmer slowly until tender.

Rabbit, hare, lamb or young birds may be prepared in the same way.

ROAST DUCK

1 duck
2 tablespoons parsley
1 lemon
¼ cup onion
2 eggs
¼ kilo fat pork

Singe and dress a nice fat duck, chop up the liver with the fresh fat pork. Season and mix in a small finely chopped onion, some chopped parsley and eg yolk. With this dressing stuff the duck's stomach cavity; truss for roasting and cook either in an open pit or in the oven for 1 hour or more, according to its size. Baste over several times with butter and salt. When cooked, take it off from the pit; untruss and dress it on a dish, garnishing around with slices of lemon. Prepare at the same time a sauce-boat of good gravy taken from the dripping pan, adding a little good stock to it. This duck may be served plain without dressing if desired.

GOOSE

BRAISED GOOSE, FLEMISH METHOD

- 1 goose
- 2 tablespoons butter
- 1 goose liver
- 1 cup chopped ham
- 1 cup chicken stock
- 1 cup soft bread crumbs
- Salt and black pepper
- 1 or 2 leaves each of sage and thyme
- ½ cup celery
- 2 tablespoons gin
- ¼ cup white wine
- Carrots
- Onion

Combine all ingredients except the liver, wine, and the goose itself. Crush the liver with a fork, discarding all connective tissues; then add it to the stuffing and blend thoroughly, moistening with the gin to the consistency of any ordinary stuffing. Fill the body cavity of the bird which has been cleaned with the mixture. Skew or sew the vent, and truss.

Place in a braising kettle the raw ham, then the carrots, celery, and onion. Set the stuffed bird over these and pour over it a cup of good chicken stock to which the gin has been added. Cover closely and cook in a hot oven about 2 hours. Lift out the bird, place on a hot platter, brush over with melted butter and keep hot.

Remove any excess fat from the braising kettle. Place over a hot fire and sprinkle in a scant tablespoon of flour. Bring to a rapid boil, stirring constantly. Add ¼ cup of white wine, bring again to boiling point and strain through a fine sieve, pressing a little to extract all liquid from the vegetables. Add additional seasoning if necessary. Serve apple rings with the goose.

GOOSE IN RED WINE

- 1 good-sized goose
- 3 tablespoons butter
- 6 sprigs of parsley
- 1 clove garlic
- Lemon juice
- Claret
- 1½ dozen small white onions
- ⅛ kilo salt pork
- 1½ dozen fresh mushrooms
- Pinch of allspice
- Salt and pepper

Kill the goose and hang for 1 day. Clean the bird, and singe it. Cut it into pieces as for fricassée. Rub the pieces with lemon juice. Mix salt, pepper and allspice and rub into the pieces of goose.

In a deep heavy pot, melt the butter. Peel the onions and dice the salted pork. Cook the onions and salted pork in the butter until they are golden brown. Lift out the onions and pieces of pork and keep hot. Brown the pieces of goose in the butter, turning the pieces to brown all sides. Return the onions and pork to the goose. Peel and slice the mushrooms and add them. Add the parsley, bay leaf, and the minced clove of garlic. Stir gently, cover, and cook slowly. Pour in the claret, cover and bring to a boil. Simmer until the meat is tender.

Remove the pieces of goose to the serving platter with the onions and mushrooms. Drain the remaining sauce, and reheat, but do not boil. Pour the sauce over the goose. Serve with apple sauce and garnish with small triangles of bread which have been fried in butter.

GOOSE IN SHERRY WINE

- 1 plump, young goose
- 1 egg, well-beaten
- Bread crumbs
- Salt
- 2 tablespoons sherry
- Water
- 4 carrots
- 1 small cabbage

Dress and singe the goose and place it in a large soup kettle. Cover with cold salted water and add the vegetables. Simmer very slowly until tender, about 3 or 4 hours. Lift out the bird and let cool. Cut into serving portions. Beat the egg with the sherry and dip each piece of goose in the egg mixture and then in the crumbs. Broil on both sides until golden brown. Serve on a hot platter with sauce.

STUFFED GOOSE WITH PRUNES

- 1 wild goose
- 1 tablespoon goose fat
- ¼ kilo sausage meat
- 3 dozens small prunes
- 1 tablespoon minced onion
- Salt
- A pinch of sage
- 1 small onion, minced
- 1 cup soft bread crumbs
- 1 egg
- 1 tablespoon minced parsley
- 1 teaspoon brandy
- Chicken or beef pork
- Black pepper

Kill and clean the goose and hang for 1 day, then marinate with white wine, pepper, salt, and lemon juice for 2 hours.

Brown the onion in the goose fat. Add the crumbs, sausage meat and the beaten egg and mix thoroughly over a low fire. Add the prunes which have been pitted, then soak for 3 hours in hot stock to cover. Add also the seasonings and flavorings and when well-blended, use as a stuffing for the goose which has been cleaned, singed and marinated. Sew up the vent, truss, rub over with olive oil and roast in a moderate oven, basting often with the goose fat in the pan. The time of roasting will depend on the age, size and tenderness of the bird.

For the gravy, drain all fat from the roasting pan. Pour in 2½ cups of chicken stock, then reduce over a hot fire until only about 1 cupful is left. Stir constantly while reducing. Finally, add the brandy.

ROAST GOOSE WITH BAKED APPLE

- 1 8-pound goose
- 2 quarts bread crumbs
- 2 onions, chopped
- 2 tablespoons fat
- 1 teaspoon sage
- 2 teaspoons salt, dash of pepper
- 6 to 8 apples
- ¼ cup brown sugar
- 3 cooked, mashed, sweet potatoes

Cook giblet and liver until tender, chop and mix with bread crumbs, onions, fat, sage, salt and pepper. Clean and wash the goose thoroughly. Rub inside of goose with salt, stuff with bread mixture and truss. Place in a roaster on rack and roast uncovered in a slow oven until tender, allowing about 25 minutes per pound. Every hour, skim off fat from broth in pan. Wash and core apples, sprinkle with brown sugar, stuff with seasoned sweet potatoes and place in the pan with goose 1 hour before goose is done.

TURKEY

EL PAVO RELLENO A LA CATALANA

(Stuffed Turkey a la Catalana)

1 turkey

For Stuffing:

8 sausages
¼ kilo lean ham
½ kilo chestnuts
¼ kilo prunes
2 truffles
½ cup wine
Salt and pepper
Bay leaf

Clean the turkey, salt, marinate with white wine, pepper and lemon juice. Let stand for 2 hours. Melt some lard in a frying pan and put in the ham and the turkey liver, cut in small pieces, and brown. Add the sausages, which are cut in small pieces, and all the other ingredients, chopped, with the exception of the truffles, which are added at the last moment. Moisten with the wine and mix well, seasoning with salt and pepper. When partially cooked, remove from the fire, add the sliced truffles, cut the herb bouquet. Stuff the turkey with the mixture and a little melted butter and roast in the oven, basting frequently and adding a few tablespoonfuls of stock and wine. A little of this sauce is strained over the turkey, and the rest served in a gravy boat. If oven is not available, place the turkey in a kettle with the oil, white wine, 2 onions, bay leaf, pepper, salt and enough water to cover the turkey. Cook for 3 hours, removing the turkey once in a while. When turkey is tender, fry in hot lard until tender.

GALANTINE DE DINDE TRUFFEE

1 turkey
¼ kilo raw ham
½ cup wine
2 truffles
¼ kilo veal
2 eggs
½ cup *pili* nut
Salt and pepper

After cleaning the turkey, remove the bones from the skin, and cut the breast in fillets. Be careful to remove the skin without damaging it. With the fillets of breast, add fillets of veal and raw ham. Soak all of these in brandy, cognac or Madeira wine.

Pass the dark meat of the turkey through a meat grinder, adding bacon. Season and add 2 whole eggs and the rest of the wine in which the fillets were soaked. When all these are prepared, insert the filling, first the ground meat and then the fillets, adding besides, some green *pili* nuts and slices of truffles.

Wrap well and sew it with a string. Place in a large casserole which contains 2 cow's legs cut into pieces, the bones from the turkey, spices, ½ cup white wine, and enough water to cover the turkey. Cook for not less than 2 hours. The remaining stock may be made into galantine or aspic by letting it harden or jell. This is used as the decoration for the galantine.

IL TACCHINO RIPIENO (MILANO)

(Stuffed Turkey)

1 turkey

For Stuffing:

½ kilo pork
⅓ kilo chestnuts
½ teaspoon nutmeg
2 tablespoons salt
2 tablespoons honey

Liver of the turkey
¼ kilo ham
1 tablespoon pepper
⅓ cup white wine
2 eggs
Prunes

Clean the turkey. Salt and marinate with lemon juice, white wine, and pepp The stuffing is made of minced pork, liver of the turkey, ham sausages, chestn (previously shelled and either boiled or roasted) and prunes, all finely chopped put through a meat grinder and seasoned with salt, pepper, a little nutmeg, a lit honey and white wine. The ingredients are cooked in a little oil. When cook cool. Two eggs are added to bind the stuffing.

STUFFED TURKEY

1 turkey
1 kilo chestnuts, boiled
4 eggs
¼ cup chopped ham

¼ kilo pork, ground
¼ cup chopped sweet pickles
¼ cup raisins
2 tablespoons salt

Clean the turkey and remove the feet. Chop the boiled chestnuts and a to the ground pork, liver of turkey, chopped ham, pickles and raisins. Seas with powdered spices and stuff into the turkey. Brush over with butter a sprinkle with flour. Bake for 2 hours in the oven until turkey is tender. Serv with perigueux sauce.

ROAST TURKEY

Dress the turkey, stuff and truss. Place the turkey breast up, on rack of shallow pan. Brush with melted, unsalted fat and cover with a cloth dipped in melted, unsalted fat, being sure that breast, wings and legs are well-covered; or cov with a layer of body fat, then with clean cloth. Roast uncovered in a slow ove until tender. Allow 25 minutes per pound for birds under 12 pounds or 20 m nutes per pound for larger birds. Baste several times with melted fat, fruit juic white wine, sugar in water, or drippings in pan. Season when half-done. Th cloth may be removed during last half-hour for additional browning. Serve wi Giblet Gravy.

Giblet Gravy:

Giblets and neck of fowl
2 tablespoons chicken fat

2 tablespoons flour
Salt and pepper

Place the giblets (liver, heart and gizzard) and the neck in a saucepan an cover them with cold water. Simmer slowly and when they are tender remov the flesh from the neck and chop it fine with the giblets. Save the stock in whic the giblets and neck were cooked. Heat the fat in a small saucepan on top of th stove and when it is hot, stir in the flour. Cook two minutes, then add one cup o the stock pouring it in gradually so that it will not thin the gravy too much. If the gravy seems too thick, add a little hot water. Lastly, put in the chopped gi lets and season to taste with salt and pepper.

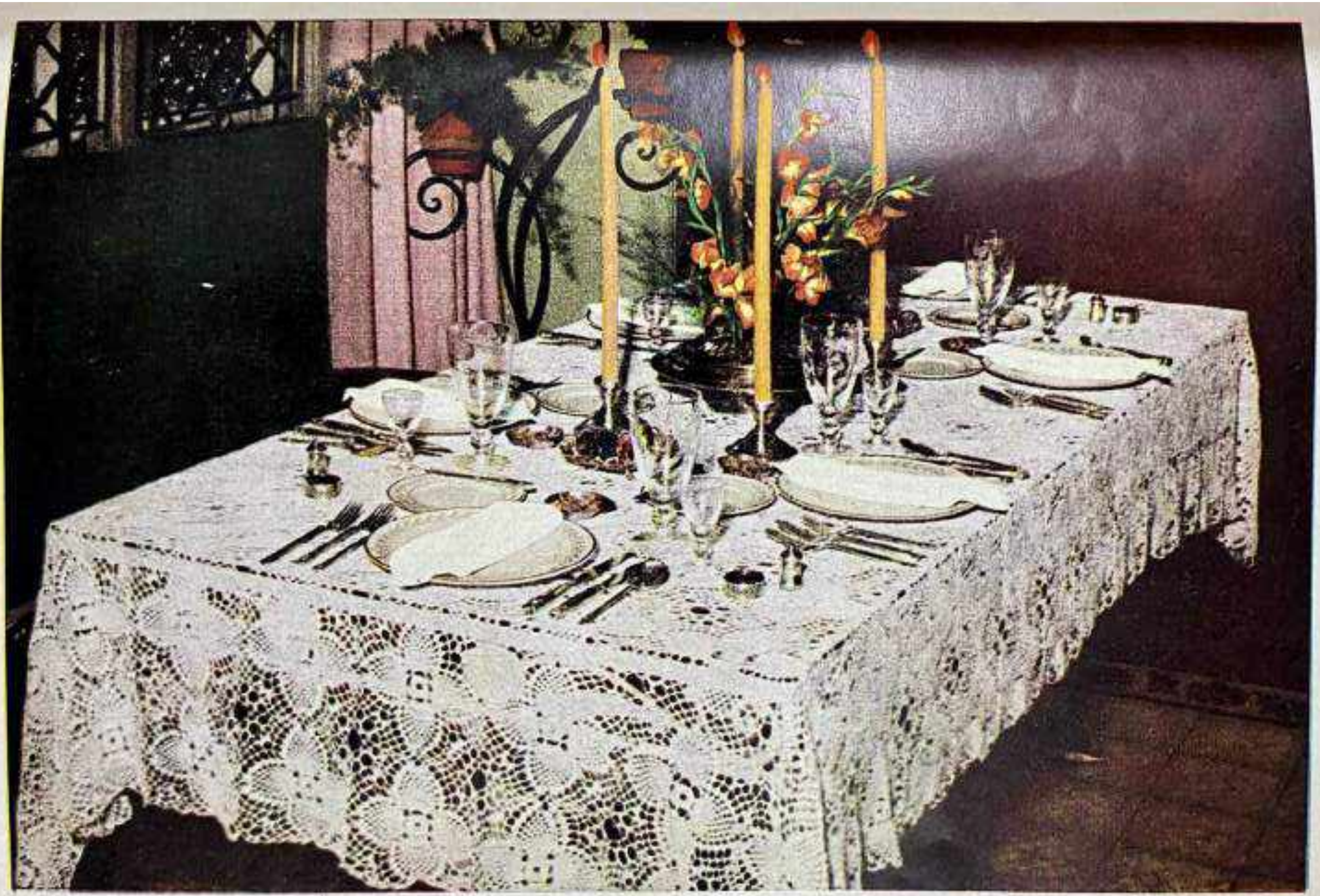


TABLE SERVICE FOR DINNER

VEGETABLES

ASPARAGUS TIMBALE

1 cup medium-white sauce
2 eggs, beaten
2 cups asparagus
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons onion

Cut the asparagus. Melt butter in a saucepan, add the onions, sauce, salt and pepper, cut asparagus tips and beaten eggs. Pour the mixture into a greased timbale cup and bake in moderate oven.

ASPARAGUS AND HAM CASSEROLE

1 cup cooked ham, diced
1 cup asparagus, cooked and cut into small pieces
½ cup white sauce
¼ cup bread crumbs
6 tablespoons butter
1 tablespoon chopped parsley
1 tablespoon salt

Mix parsley with white sauce. Place in a casserole with asparagus in alternate layers of ham, asparagus and white sauce until the casserole is filled. Sprinkle bread crumbs and cheese on top. Bake until golden in color.

CORN CHOWDER

2 tablespoons salt pork or bacon, diced
3 tablespoons onion, chopped
4 cups potatoes, diced
2 cups milk
2½ cups corn, cooked or canned
Salt and pepper
2 tablespoons parsley, chopped

Cook salt pork or bacon slightly; add onion and cook about 10 minutes or until soft but not browned. Add milk and potatoes. Boil gently about 20 minutes or until potatoes are tender.

Add corn; season to taste and heat. Sprinkle each serving with chopped parsley.

CORN AND TOMATO CASSEROLE

8 to 12 ears fresh corn
¼ cup butter or bacon drippings
2 cups water
4 slices crisp bacon, crumbled
1 teaspoon salt
2 large tomatoes, peeled and sliced

Cut corn from cob. There should be 4 to 5 cups of corn. Melt butter or drippings in skillet, add corn and sauté quickly for about 5 minutes. Add water, bacon and salt and arrange in buttered casserole in alternate layers placing the sliced tomatoes on top. Place in a moderate oven and bake about 30 minutes. Serve hot.

CREAMED PEAS AND CUCUMBERS

4 cups shelled green peas
1 medium-sized onion, sliced
1 teaspoon salt
2 cups boiling water
2 small cucumbers, peeled and diced
3 tablespoons butter or margarine
1 cup cream or rich milk, scalded

Combine the peas, onion, and salt in a saucepan; add the boiling water and cover. Cook until the peas are almost tender, about 15 minutes. Add the cucumbers and continue cooking until these also are tender. Drain, cream, and let boil once. Serve very hot. Sour cream may be used for a particularly delicious and unusual dish.

STUFFED BEETS

6 medium-sized beets
¼ cup onion, chopped
¼ tablespoon lemon juice
¼ teaspoon pepper
¼ cup bacon, diced
1 tablespoon chili sauce
½ teaspoon salt

Boil whole beets for about 40 minutes or until almost tender, allowing one fo each serving. Rub off skin under cold water. Scoop out centers, leaving a she about ½ inch thick. Sprinkle inside with a little salt.

Chop fine the removed pulp and sauté in lard with the onion; add chopp bacon and remaining ingredients.

Fill beet shells with this mixture. Place in a baking dish containing a litt water. Bake in a moderate oven for 30 minutes or until browned.

STUFFED CARROTS

12 small carrots
4 teaspoons onion, grated
¼ cup mayonnaise
½ cup buttered crumbs
Salt and pepper
¼ cup chopped ham

Scrub carrots and boil about 10 minutes or until tender. Rub off skin unde cold water. Cut off a thin slice from the length of each carrot and scoop out t make a shell about ¼ inch thick. Sprinkle with salt.

Chop the removed pulp and add onion, ham and mayonnaise; season.

Fill carrot shells with the chopped mixture. Sprinkle with buttered crumb and a dash of paprika. Place in a shallow baking dish containing a little wate Pour a little bacon fat, meat drippings or butter over each stuffed carrot.

Bake in a moderate oven about 30 minutes or until browned.

STUFFED CUCUMBERS

3 cucumbers
1 teaspoon onion, chopped
¼ cup celery, finely chopped
6 tablespoons mayonnaise
½ teaspoon salt
½ cup buttered crumbs
1 cup shrimp meat
½ cup soft bread crumbs
2 tablespoons lemon juice
¼ teaspoon pepper

Wash cucumber and cut in half crosswise; pare. Boil for 5 minutes or until almost tender. Cut off a thin slice from the length of each cucumber. Scoop ou to make a shell about ½ inch thick. Sprinkle with salt. Chop the removed pul

Combine shrimp meat, onion, celery, soft bread crumbs, mayonnaise, lemo juice and seasonings; add the chopped cucumber pulp.

Fill cucumber shells with the mixture. Sprinkle with buttered crumbs and a dash of paprika. Place in a shallow baking dish containing a little water.

Bake in a moderate oven for 30 minutes or until browned.

STUFFED GREEN PEPPERS

Select thick-fleshed peppers. Wash peppers; cut large ones to halves lengt wise; remove a slice from stem end of small ones. Remove seeds and cut awa seed parts, leaving a clean shell.

Place in boiling salted water and boil for 5 to 8 minutes or until almost tende Drain. Stuff each pepper or pepper half as directed below. Place in a shallo baking dish containing a small amount of water.

Bake in moderate oven 25 to 30 minutes or until browned, or dip each stuffe pepper in beaten eggs, roll in bread crumbs and fry in lard.

Stuffing: Sauté in lard, garlic, onion, tomatoes, ground pork, ground ham pepper and salt to taste.

STUFFED TOMATOES (BAKED)

6 tomatoes
½ cup chopped pork
½ cup chopped ham
¼ cup onion
Pepper and salt to taste
Garlic

Sauté in lard the garlic, onions, tomatoes removed from the tomato shells, pork and ham; add salt and pepper to taste.

Select firm ripe tomatoes of uniform size and shape, allowing 1 for each serving.

Wash and remove thin slice from stem end. Remove seeds and pulp, leaving a shell about ½ inch thick; reserve pulp if filling calls for addition of tomato pulp. Sprinkle inside with salt and let stand upside down about 10 minutes.

Stuff the tomato shell. Place in a shallow baking dish. Bake in a moderate oven about 30 minutes or until browned.

STUFFED TURNIPS

6 regular-sized turnips
¼ cup pork, chopped
¼ cup ham, chopped
¼ cup bread crumbs
3 tablespoons onions, chopped
1 cup of broth
1 tablespoon garlic
3 tablespoons oil
Pepper and salt

Peel the turnips and scoop out the middle. Blanch for 8 to 10 minutes. Drain and stuff with the following filling:

Stuffing: Sauté garlic and onion in oil. Add the chopped pork and ham. Add little water and season with salt and pepper.

Arrange in a deep baking dish, add enough rich stock to half cover the turnips. Sprinkle with bread crumbs, and finish cooking in the oven, browning them.

EGGPLANT STUFFED WITH HAM

4 large eggplants
1 onion, minced
1 green pepper, chopped fine
2 tomatoes, quartered
Salted water
2 tablespoons butter
½ teaspoon salt
⅛ teaspoon pepper
1 cup diced, cooked ham
Bread crumbs

Wash and dry eggplant and cut off a slice from top. Scoop out inside to within ½ inch of skin. Cover shell with salted water and set aside. Chop eggplant pulp and combine with onion, pepper and tomatoes. Cook in a small amount of boiling salted water until tender. Drain and mash. Add butter, salt, pepper, and ham. Drain shell well and fill with mixture. Sprinkle top with bread crumbs and bake in moderate oven about 25 minutes.

LENTILS WITH HAM

½ pound lentils
2 chopped onions
2 tomatoes
1 clove garlic
½ pound ham, diced
Dash of pepper
Dash of salt
Chopped parsley

Soak the lentils for 12 hours in cold water. Put them in a saucepan of cold water; bring to boil and cook until tender. Drain thoroughly, put them in a frying pan with onions chopped and fried to golden brown, chopped tomatoes, a clove of garlic, and ½ pound ham cut in large dice. Mix all thoroughly, season with salt and pepper and cook for 15 minutes. Sprinkle with chopped parsley, and serve very hot.

EGGS

EGGS IN TOMATO NEST

6 hard-boiled eggs, halved lengthwise
⅓ teaspoon prepared mustard
1 tablespoon mayonnaise
½ teaspoon salt
¼ teaspoon pepper or paprika
1 teaspoon lemon juice
6 curled anchovies
Lettuce and mayonnaise

Tomato Nest

2 cups tomato juice, heated
1/5 teaspoon pepper
2 tablespoons cold water
1 tablespoon gelatin
1 teaspoon Worcestershire sauce
1 teaspoon salt

Press the egg yolks through a sieve, then season with the salt, pepper or paprika, mustard, lemon juice and mayonnaise, blending all thoroughly. Refill the whites with this mixture, then press the two halves together with a curled anchovy in the center of each egg.

Soften the gelatin in cold water, then dissolve in the heated (not boiled) tomato juice. Season with the salt, pepper and Worcestershire sauce. When it is almost at the setting point, pour a little of this tomato jelly at the bottoms of six individual molds, place an egg upright in each, and cover with the remaining tomato jelly. Chill until firm. Unmold onto lettuce, and serve with mayonnaise.

FRIED EGGS

Heat 1 cup of oil in a small frying pan. When the oil is very hot and starts to smoke, break an egg into a plate and add a little salt. Slide the egg into the pan, and at once cover the yolk with the white which spreads and puff up with a very dry spatula. Keep the egg in shape. Allow the egg to take on a nice golden color, then turn it. Leave only long enough to cook the white, the yolk remaining soft. Remove the egg from the pan, drain it and cook the remaining eggs in the same manner. Cook only one egg at a time, for if many are put in together, they might run and stick together, unless one has a very large pan which would need much oil.

Fried Eggs and Bacon: Grill in the frying pan some thin slices of bacon. Place on a round dish, and put the fried eggs over the bacon. Pour the fat from the bacon over the eggs.

Fried Eggs with Eggplant: Place the fried eggs on thick slices of fried eggplant. Put some cooked tomatoes in the center of the dish.

Fried Eggs with Tomatoes: Fry in oil 2 or 3 large onions cut in thick slices and the rings detached from one another. Place a fried egg in each tomato and put the fried onions in the center of the dish.

BAKED EGGS A LA ESPAGNOLE

6 eggs
3 tablespoons chopped onion
3 tablespoons chopped green pepper
4 tablespoons fat
¼ cup bread crumbs
½ cup grated cheese
Salt to taste

Fry onion and pepper in the fat until slightly brown, then pour into a baking-dish, add salt to taste. Break the eggs into the dish, being careful not to break the yolks. Mix the crumbs with the cheese and sprinkle over the eggs. Bake in a slow oven until the eggs are set, but not hard. Serve in the dish in which they are baked.

EGGS WITH MUSHROOMS AND PEAS

2 tablespoons butter
1 tablespoon flour
1 teaspoon onion juice
6 hard-boiled eggs, halved
2 cups mushrooms, coarsely chopped
½ cup milk
2 tablespoons minced chives
½ cup canned or cooked peas
Salt and pepper
Paprika
Toast or bread cases
Finely minced parsley

Heat the butter, add the mushrooms, and sauté for 5 minutes. Sprinkle in the flour, gradually add the milk and cook, stirring constantly, until the mixture boils, then add the seasonings and peas and when boiling again, add the eggs. Heat thoroughly but do not allow the mixture to boil after the eggs are added. Serve on toast or in bread cases, dusting with paprika and parsley.

SCRAMBLED EGGS

6 eggs
¾ teaspoon salt
3 tablespoons butter or drippings
½ cup milk, cream or water
Juice of 6 *kalamansi*

Beat eggs slightly; add milk and seasonings. Heat butter or drippings in skillet until moderately hot; add egg mixture and cook over low heat, scraping the cooked portions from the bottom and sides of the pan with a spatula or spoon until the whole is a mass of thick, creamy flakes. Serve immediately.

Double-Boiler Method: Melt the butter or dripping in upper part of a double boiler; add egg mixture; cook over simmering, not boiling water, stirring frequently, until eggs are thick and creamy. Serve immediately. (Eggs cooked by this method have a custard-like texture.)

Scrambled Eggs with Dried Beef or Ham: First cook ½ cup shredded dried beef or chopped boiled ham in the fat until frizzled. Add egg mixture and proceed as directed above, or add left-over ground cooked ham or chopped crisp bacon to the mixture before cooking.

Scrambled Eggs with Mushrooms: Sauté ½ cooked chopped mushrooms in the fat before adding egg mixture.

Scrambled Eggs with Asparagus Tips: Cook asparagus tips cut into small pieces. Sauté in butter, and mix with scrambled eggs. Dress the eggs with a little cluster of asparagus tips standing in the center of the plate.

Scrambled Eggs with Cheese: Add ¼ cup of grated cheese to the scrambled eggs. Garnish with very thin slices of cheese.

Scrambled Eggs with Croutons: Fry in butter to a light golden color about 20 cubes of bread, preferably stale. Mix these cubes with eggs just before serving.

Scrambled Eggs with Mushrooms: Slice thin ½ cup mushrooms. Sauté in butter until they are well-browned. Add them to the scrambled eggs.

Scrambled Eggs with Shrimps: Sauté in butter, onions and peeled shrimps and add to the scrambled eggs.

SHRIMP-STUFFED EGGS

Marinate shrimps in French dressing for 30 minutes. Moisten it with mayonnaise and a dash of Worcestershire sauce. Use the yolks as a garnish.

CREAMED EGGS

6 hard-boiled eggs
2 tablespoons fat
½ onion
6 slices hot buttered toast
2 tablespoons flour
2 cups milk
1 teaspoon salt
¼ teaspoon pepper

Remove the shells from the eggs and cut each egg into six pieces. Heat fat in a frying pan, and cook the chopped onion with it for a few minutes u yellow, but not brown. Remove the onion, make a sauce of the fat, flour li and seasonings. When it thickens, add the eggs, and, when they are well-hea turn the mixture out onto the buttered toast and serve at once.

EGGS A LA CARACAS

1 tablespoon fat
¼ pound dried beef
1 tablespoon grated cheese
1 cup tomatoes
4 eggs
Salt and pepper
Onion juice

Melt the fat in a frying pan, and, when hot, add the dried beef and cheese. To lightly until the beef is slightly frizzled; add the tomatoes, the seasonings, and t eggs beaten until light. Stir and cook gently until of a creamy consistency.

EGGS AU GRATIN

6 hard-boiled eggs
2 cups medium-white sauce
or tomato sauce
Buttered crumbs
Grated cheese
Salt and pepper

Remove the eggs from the shells and slice them. Arrange the slices i greased baking dish. Season with salt and pepper and pour the sauce over the Sprinkle with grated cheese and cover with buttered crumbs. Bake in a moder oven until the sauce bubbles and the crumbs brown.

EGGS A LA SUISEE

6 eggs
2 tablespoons butter or other fat
½ to 1 cup grated cheese
1 cup cream
Salt
Cayenne

Spread the bottom of a baking dish with fat. Sprinkle a layer of grated che over it and break the eggs on the cheese, being careful not to break the yolks. P a little cream over the eggs, then more grated cheese. Season with salt and c yenne, and bake in a slow oven until the eggs are set, but not hard. Serve in th baking dish.

FLUFFY EGGS

6 slices toast, square or round
1 cup grated cheese
6 eggs
½ teaspoon salt
⅛ teaspoon pepper
Butter
Paprika
Salt to taste

Spread toast with butter and part of grated cheese. Separate eggs, p whites in mixing bowl and leave each separate yolk in shell till needed. Sea whites and beat until stiff and fluffy. Heap on the toast and make a dent in cent of each. Slip yolk into center of white, season and sprinkle liberally with che Bake until cheese is browned and eggs are set. Garnish with paprika and se with bacon.

OMELETS

Break the eggs into a bowl. Season them and beat just enough to mix them. If the eggs are beaten too much, they will lose their body (this means that they will become liquid, like water instead of remaining rather sticky). Place them in a frying pan which is large enough and which contains just enough of very hot butter or lard to grease the pan. The eggs should be cooked over a hot fire and stirred with a fork, loosening from the sides. Do this until the omelet begins to set. When this happens, do not stir anymore with the fork, but keep the omelet moving in the pan with a continuous shaking. When the omelet appears to be nearly cooked, leave it 1 minute more without shaking the pan, so that the bottom becomes lightly browned. Loosen the edge with the fork and roll it, hit handle of the pan a few times with the palm of the hand to make the omelet slide to the edge of the pan. Transfer omelets on a serving dish and garnish with meat or vegetables.

CHICKEN OR TONGUE OMELET

1 cup chicken or tongue, cooked
2 tablespoons fat
2 tablespoons flour
Plain omelet
1 cup cream or milk
Salt and pepper

Chop the meat until it is very fine. Make a sauce of the fat, flour, and milk or cream. Add salt and pepper and the chopped meat. Make a plain omelet and spread the meat mixture on it just before folding.

CLAM OMELET

1 cup clam meat
2 tablespoons butter
1 teaspoon salt
6 eggs, separated
⅔ cup cream
Paprika

After clams have been steamed and removed from their shells, put them through a food chopper and sauté in butter. Add salt and paprika to egg yolks and beat until light. Add cream and chopped clams and mix thoroughly. Fold in stiffly beaten egg whites, pour mixture into buttered omelet pan or skillet and bake in moderate oven about 25 minutes or until brown.

MUSHROOM OMELET

1 cup mushrooms
1 tablespoon fat
½ cup milk or cream
1 teaspoon salt
⅛ teaspoon pepper
1 tablespoon flour
Plain omelet

Cut canned mushrooms into bits. Melt the fat in a saucepan, add the mushrooms, milk or cream, salt, pepper and flour which has been mixed to a paste with a little cold milk. Cook for 5 minutes, then set aside until the omelet is made. Spread the mushroom mixture over the omelet just before folding.

OYSTER OMELET

12 oysters' meat
¼ tablespoon flour
2 tablespoons fat
1 cup cream
6 eggs
Salt and pepper

Chop the oysters. Make a sauce of the flour, fat, and cream. Add the well-beaten eggs, season with salt and pepper, stir in the oysters and cook as a plain omelet.

POTATO OMELET

4 boiled potatoes
3 tablespoons bacon fat
½ tablespoon salt
⅛ teaspoon pepper
2 eggs
2 tablespoons milk

Cut the potatoes into tiny cubes and cook in bacon fat with the seasonings for 5 minutes. Beat the eggs slightly and add the milk, then pour the potatoes. Cook slowly until set; fold and turn on a hot plate.

SPANISH OMELET

1 medium-sized tomato
1 small green pepper
½ onion
2 sprigs parsley
1 stalk celery
4 eggs
Olives
Mushrooms
Salt and pepper

Peel the tomato, add the pepper, onion, parsley, celery, olives, mushrooms, and chop all together in a chopping bowl. Place the mixture in a saucepan, add seasonings and cook for 2 to 3 minutes. Beat the eggs, put them in the omelet pan and as soon as they begin to set, add the chopped vegetables. Finish as for omelet.

ORANGE OMELET

6 eggs
3 tablespoons butter or lard
½ teaspoon salt
6 tablespoons orange juice
1 teaspoon orange rind (grated)
2 tablespoons sugar

Beat eggs until yolks and whites are combined; add seasonings, orange rind and orange juice.

Heat butter or lard in a skillet until moderately hot; add beaten eggs. Cook over low heat, lifting the mixture very gently with a spatula as it cooks at the bottom and tipping the skillet so that the uncooked mixture runs under. Do not cut through the mixture, but cook so that it remains in one large cake.

When the bottom is browned and the mixture is firm throughout, fold in half, or roll in jelly-roll fashion. Serve immediately.

Cheese Omelet: Prepare French omelet. Just before folding sprinkle with ¼ cup grated cheese.

Crunchy Omelet: Sauté ½ cup soft bread cubes in butter or drippings until crisp and golden brown; add egg mixture and proceed as for plain omelet.

Ham or Bacon Omelet: Add ¼ to ½ cup chopped, cooked ham or diced crisp, cooked bacon.

Bacon Omelet: Cook ½ cup diced bacon in the skillet until almost crisp, add 1 tablespoon finely chopped onion and 1 cup diced cooked potatoes; continue until potatoes and onion are slightly browned. Add egg mixture and proceed as directed in the preparation of plain omelet.

CROQUETTES

CHICKEN CROQUETTES

1 cup thick white sauce
1¾ cups minced cooked chicken
¼ teaspoon celery salt
1 teaspoon lemon juice
¼ teaspoon minced onion
1 teaspoon chopped parsley
Crumbs and eggs
Salt and pepper

Combine white sauce, chicken and seasonings. Cool, shape and roll in the fine bread crumbs, then in egg and again in crumbs. Fry in hot, deep fat 3 to 5 minutes. Drain.

For variation mushrooms may be added and chicken may be substituted with any of the following:

Chopped hard-boiled eggs moistened with a cup of white sauce.

Boiled potatoes mashed in cream or milk and butter, beaten egg yolks seasoned with a few drops of onion juice, a dash of cayenne and a little minced parsley.

Chopped cooked ham and mashed potatoes combined with beaten egg yolks and seasoned with cayenne.

SURPRISE HAM CROQUETTES

2 cups mashed potatoes
1 tablespoon fat, melted
3 egg yolks
1 cup chopped cooked ham
Cayenne
Crumbs and egg
Salt and pepper to taste

Mix potatoes, fat, 2 egg yolks and cayenne. Beat until smooth, then cool. Mix ham with remaining yolk and cook until mixture thickens. Chill. Take a large tablespoon of the potato mixture, make a hole in center, put a large teaspoon of the chopped ham inside, close the hole and form a ball. Roll in crumbs, then in egg, again in crumbs and fry in hot deep fat for 5 minutes. Drain.

EGG CROQUETTES

2 cups chopped hard-boiled eggs
1 cup thick white sauce
½ teaspoon salt
⅛ teaspoon pepper
Dash of cayenne
Crumbs and egg

Chop eggs fine and moisten with sauce until soft as can be handled. Season and chill thoroughly. Shape, roll in crumbs, then in egg, again in crumbs and fry in hot deep fat 3 to 5 minutes. Drain.

POTATO CROQUETTES

4 cups mashed potatoes
2 tablespoons milk or cream
3 tablespoons melted butter
½ teaspoon salt
2 teaspoons minced parsley
2 egg yolks
1 egg, slightly beaten
Few drops onion juice
Dash of cayenne
Fine, dry crumbs

Combine potatoes, milk, butter, seasonings, and egg yolks. Beat until light. Shape into cones, roll in crumbs, egg and again in crumbs and brown in hot deep fat.

Potato can be substituted with sweet potato.

SALAD

ASPARAGUS SALAD

- 6 pieces head lettuce
- 18 stalks cooked asparagus
- 6 green peppers, cut
- 1 cup cooked carrots
- ¾ cup diced celery
- 1 teaspoon salt
- 1 cup mayonnaise

Arrange lettuce on a salad plate. Place asparagus tips on lettuce leaves. M the pepper, cooked carrots, celery, salt and mayonnaise. Surround the aspara tips with this mixture, and sprinkle paprika on top.

BEET, CHEESE AND ONION SALAD

- 2 cups diced cooked beets
- ¾ cup diced cheese
- 1 tablespoon chopped onion
- Lettuce
- ⅓ cup mayonnaise or French dressing
- Chopped parsley
- Salt to taste

Combine beets with cheese, onion and dressing, tossing all together lightl Serve on lettuce leaves, sprinkled with chopped parsley. For a more tart mixtu the beets may be marinated for an hour or two in diluted vinegar.

CHICKEN SALAD

- 3 cups cooked chicken
- ½ cup mayonnaise
- 1 tablespoon vinegar
- 2 hard-boiled eggs
- 4 tablespoons chopped olives
- 1 tablespoon lemon juice
- 4 tablespoons chopped celery
- 3 tablespoons olive oil
- Salt to taste

Cut the chicken and mix the celery and olives. Marinate with the oil, vine gar, salt and lemon juice for 2 hours. Before serving, mix the mayonnaise an place on a platter with a bed of lettuce. Decorate with boiled eggs, cut int round shapes.

CHICKEN-UBOD SALAD

- 1 2 cups chicken, boiled and shredded
- 2 2 cups *ubod*, diced
- ½ ½ cup carrots, boiled and cubed
- ¼ cup celery, diced
- 2 tablespoons chopped onion
- ⅓ cup chopped pickles 3 pcs [illegible]
- 2 cups mayonnaise
- Salt to taste

Mix chicken with a little mayonnaise. Marinate other ingredients separatel in pickle juice, lemon juice or French dressing. Mix all ingredients in a sal bowl, add mayonnaise and toss lightly. Then chill. Place on a bed of greens an garnish with sprigs of parsley.

CAULIFLOWER SALAD

- 1 small cauliflower head
- ⅓ cup French dressing
- 1 teaspoon salt
- ½ cup grated cheese
- Lettuce

Soak cauliflower in cold water to which 1 teaspoon salt has been added. Rinse in cold water, then separate into flowerets. Cook in rapidly boiling salte water, uncovered, from 5 to 6 minutes or until about tender. Drain, cool, an pour French dressing over cauliflower; allow to stand half an hour in refrigerat Add cheese; toss thoroughly. Serve chilled on crisp lettuce leaves.

CABBAGE SALAD

- 2 cups shredded crisp, tender cabbage
- 1 medium-sized onion, sliced thin
- 1 tablespoon chopped pimiento
- 2 tablespoons chopped green pepper
- ½ cup ham, cut in cubes
- ¼ cup mayonnaise
- 2 teaspoons sugar
- ½ cup bacon, fried crisp
- Salt to season

Wash and drain cabbage and cut into thin slices; place in a salad bowl. Then add the sliced onion, chopped pimiento and green pepper. Toss lightly in mayonnaise seasoned with a little sugar and salt. Sprinkle crisp bacon bits over the salad and garnish with ham. Serve immediately.

CUCUMBER SALAD (STUFFED)

Two medium-sized cucumbers are cut in halves, lengthwise, scooped and stuffed with cheese pimiento; then chilled for an hour or more. To serve, cucumbers are sliced crosswise, arranged on lettuce leaves and served with French dressing.

CRAB SALAD

- 1 cup crab meat, cooked
- 1 cup lettuce, sliced
- 3 tablespoons sweet cucumber
- 2 cups celery
- Anchovy fillets
- Capers
- Pickles
- Salt

Cook the crab for 12 minutes in boiling water and salt. Cool, separate the meat and place on a pile of finely sliced lettuce. Cover with a light mayonnaise, and decorate with anchovy fillets, capers, chopped sweet cucumber pickles and fresh celery.

FISH SALAD

- 1 cup fish, cooked
- ½ cup mayonnaise
- 2 tablespoons lemon juice
- Salt and pepper
- Capers
- ¼ cup gherkins, sliced
- ¼ cup radish, grated

Cold cooked fish is cut into inch-length pieces, put in a salad bowl with mayonnaise dressing and lemon juice, garnished with capers and sliced gherkins and sometimes sprinkled with grated radish.

GREEN BEAN AND CELERY SALAD

- 2 cups green beans, cut in halves lengthwise
- 1 hard-boiled egg, diced
- 2 tablespoons cut radishes
- 1 tablespoon lemon juice
- ¼ cup mayonnaise
- 2 tablespoons chopped sweet pickles
- 1 cup boiling water
- ½ teaspoon salt
- ¼ cup sliced celery
- Lettuce

Boil the green peas for 7 minutes. Chill in liquid, then drain. Add remaining ingredients and toss gently to coat with mayonnaise dressing. Serve immediately on a bed of crisp lettuce.

GREEN PEPPER AND CHEESE RING SALAD

1 large green pepper
⅓ cup cream cheese
¼ cup raisins, plumped
½ teaspoon grated orange rind
1/6 teaspoon salt
1 seedless orange
Lettuce
Salad dressing

Wash pepper. Cut a slice from the stem end and remove seeds and me brane. Work cheese until softened. Add the raisins, orange rind and salt a mix. Pack into the pepper shell and chill thoroughly. Peel orange and separ into sections over a bowl (reserve juice for dressing). When ready to serve, filled pepper into rings about ¼ inch thick. For each serving place 2 or 3 rin on a bed of lettuce. Arrange 3 or 4 orange sections on each salad. Serve wi salad dressing.

EMERALD CLOCK SALAD

2 medium-sized cucumbers
2 cans sliced pineapple
1 bunch of *kinchay*, celery or parsley
1 cup mayonnaise
2 medium-sized carrots
2 sweet red peppers
2 bars of *gulaman*
4 cups water
Salt to taste

Choose fresh green cucumbers, about 1 inch in diameter. Pare and cut 1 round slices of the cucumber. Scallop the edges with a vegetable cutter or kni Drain the pineapple and divide six of the slices to make twelve scallops for th edge of the emerald clock. Cut the rest of the pineapple; scrape and grate th carrots. Set aside until ready to use.

Dissolve 2 bars of *gulaman* in 4 cups water. Add the *kalamansi* juice. Po on the sliced cucumber, carrots and sliced pineapple. Season with salt and pe per to taste. Add 5 drops of green coloring to the gulaman mixture, then pour i to a round gelatin mold. Set to cool.

When ready to serve, unmold on a round platter, garnish the emerald clo with the cucumber slices. Use thin, red pepper strips for the hour and minu hands and numerals around the clock. Arrange the pineapple halves around th border of the clock with celery leaves at the center of each slice.

Serve with mayonnaise or any desired salad dressing.

HAM SALAD

1 tablespoon granulated gelatin
1 tablespoon cold water
¾ cup hot chicken broth
¼ cup mayonnaise
3 tablespoons French dressing
1 cup chopped ham
1 cup thick cream
Few grains of paprika
Salt to taste
Few lettuce leaves

Soak the granulated gelatin in cold water, and dissolve in hot chicken bro Strain over chopped ham and stir until the mixture begins to thicken, th fold in thick cream, beaten stiff; add also a few grains of paprika and salt i needed. Pour in a ring mold, and, when set and cold, turn from the mold; fi in the center with lettuce arranged like a cup, and fill the cup with mayonnais or serve with French dressing.

LOBSTER SALAD

4 lobsters
½ cup cucumber
6 tablespoons mayonnaise
½ cup oil
¼ Pickles
Salt and pepper

Cook the lobsters; when cool, divide at the back. Do not destroy the shel Separate the meat from the shell. Cut the meat into small pieces and mix th diced cucumber, pickles and pepper. Marinate with oil, vinegar and salt. Then ad the mayonnaise.

Fill the shells of the lobster with this mixture, and place on the platter dec rated with lettuce and tomatoes.

MACARONI-HAM-PINEAPPLE SALAD

2 boxes macaroni	1 teaspoon salt
¼ kilo ham	1 medium bottle mayonnaise
1 can pineapple	1 cup grated cheese
¼ cup sugar	1 small bottle red cherries

Cut the macaroni into pieces. Boil in boiling salted water. When tender, drain in a colander. When well-drained, mix with it the ham, and the pineapple cut into cubes, the sugar and salt. Add the mayonnaise and the grated cheese. Blend well. Transfer to a salad dish. Level the surface with mayonnaise. Sprinkle grated cheese and garnish with red cherries and asparagus tips.

MOLDED VEGETABLE SALAD

1 package lemon-flavored gelatin	2 cups shredded, tender, crisp cabbage
2 cups boiling water	½ cup grated raw carrot
½ teaspoon salt	Lettuce
1 teaspoon grated onion	Mayonnaise

Dissolve gelatin in the boiling water, add salt, cool, and chill. Meanwhile prepare vegetables. When gelatin is slightly congealed, fold in onion, cabbage and carrot. Pour into a 4-cup mold or individual molds that have been rinsed with cold water, and chill until firm. Unmold and serve on lettuce on individual salad plates. Serve with mayonnaise.

MOLDED SALMON WITH CUCUMBER DRESSING

1 cup red salmon	2 egg yolks, slightly beaten
1 tablespoon plain gelatin	2 teaspoons butter
¼ cup cold water	2 teaspoons flour
¼ cup vinegar	½ cup milk
1 teaspoon sugar	½ teaspoon salt
	Lettuce

Remove skin from salmon and discard. Flake the fish coarsely. Soften gelatin in the cold water. Melt the butter in a saucepan, add the dry ingredients and blend. Add combined milk and egg yolks and cook, constantly stirring until mixture boils and thickens. Remove from heat, add the softened gelatin, and stir until dissolved. Add vinegar and salmon and mix very lightly. Turn into individual molds or into a small loaf pan brushed lightly with salad oil and chill until firm. Unmold on chilled flat serving plate. Surround with crisp lettuce leaves and serve with cucumber dressing.

PINEAPPLE-APPLE-SHRIMP SALAD

1 can sliced pineapple	1 small bottle mayonnaise
1 cup shrimps	1 bar white *gulaman*
2 apples	1½ cups water
½ kilo sugar	¼ cup sugar
1 teaspoon salt	

Cut the pineapple and apple in cubes. Mix them together and drain in a colander. Shell the boiled shrimps. Cut at the back and remove the black part. Mix with the pineapple and apple mixture. Add sugar and salt, then transfer the mixture to a bowl and add mayonnaise and the *gulaman* melted in boiling water and sugar. Blend the mixture well and transfer to a container to set. When ready, transfer to a platter and garnish with parsley and red *gulaman* cut in fancy shapes.

PERFECTION SALAD

- 1 tablespoon plain gelatin
- ¼ cup cold water
- 2 tablespoons chopped green pepper
- 2 tablespoons vinegar
- 3 tablespoons sugar
- ¼ teaspoon salt
- ½ cup grated carrot
- ½ cup shredded tender, crisp cabbage
- ½ cup crushed pineapple
- 1 cup boiling water
- 2 tablespoons lemon juice
- 2 teaspoons chopped pimiento
- Endive
- Mayonnaise

Soften gelatin in cold water for 5 minutes, then dissolve in boiling wate Add lemon juice, vinegar, sugar and salt; cool until mixture just starts to co geal, then fold in next 5 ingredients. Pour into a mold that has been rinsed cold water. Chill until set, unmold on chilled flat serving plate. Surround wi crisp curly endive or lettuce. Serve with mayonnaise.

PINEAPPLE AND NUT SALAD IN TOMATO BASKETS

- 1 cup crushed pineapple
- 1 cup broken nutmeats
- 6 tomatoes
- 1 teaspoon mayonnaise
- Salt to taste

Mix the pineapple with nutmeats and let stand in French dressing in the refrigerator. Peel and cut off the top of each tomato, leaving a strip to form a handle. Carefully scoop out the center and fill with the pineapple and nuts. Place one teaspoon of mayonnaise on top of each basket. Serve on individual salad plates garnished with lettuce.

SHRIMP SALAD

- ½ pound shrimp meat, shredded
- 3 hard-boiled eggs, chopped
- 1 dozen stuffed olive, sliced
- ½ cup nutmeats, chopped
- 1 teaspoon salt
- 1 cup mayonnaise
- Lettuce

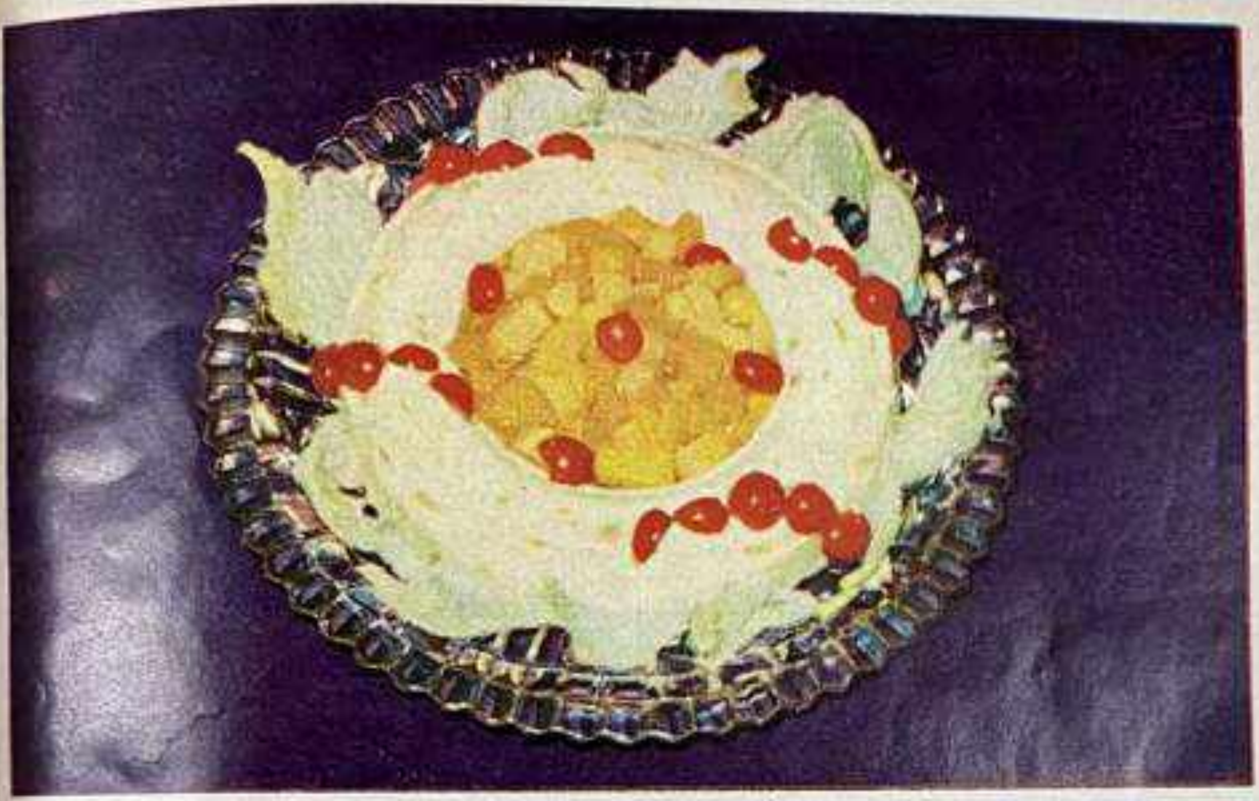
Combine all ingredients and press into glass mold. Slice and serve on lettuce topping with mayonnaise.

SALADE RUSSE

- ½ cup carrots
- ½ cup potatoes
- ½ cup string beans
- 1 cup beets
- ½ cup tongue, cooked and diced
- ½ cup smoked salmon, flaked
- ½ cup chicken, cooked and flaked
- 1 cup mayonnaise
- ½ cup mushrooms
- ½ cup oil
- 4 cups vinegar
- Salt and pepper

Cook in salted water, carrots, potatoes, string beans and the same amount mushrooms. When cooked, cut into dices and season with salt, pepper, oil an vinegar and soak for 1 hour.

Strain and place in a bowl, adding 5 tablespoons cooked tongue, th same amount of smoked salmon, chicken or other fowl, diced. Moisten wit mayonnaise and arrange in a salad bowl in the shape of a crown. Arrange arou it slices of beets, previously cooked and seasoned. Add mayonnaise dressing



FRUIT SALAD

SHRIMP SALAD

STUFFED TOMATO SALAD

5 good-sized tomatoes
1 cup diced celery
1 cucumber, peeled and diced
1 tablespoon finely chopped onion
⅓ cup mayonnaise
Lettuce
Salt and pepper to taste

Wash the tomatoes, cut the stem end, and scoop out centers. Dice centers and combine with celery, cucumber, onion and enough salt and pepper to suit taste. Then fold in the mayonnaise. Cover and chill the filling and tomato shell separately. Stuff tomatoes with filling and serve at once on crisp lettuce.

THANKSGIVING SALAD

2 cups diced cooked turkey
1 cup diced celery
¼ cup chopped sweet pickles
¼ cup chopped ripe olives
2 level tablespoons chopped pimiento
2 teaspoons salt
½ level teaspoon paprika
1 cup salad dressing

Combine all the ingredients and serve very cold on head lettuce.

RAINBOW SALAD

First Layer:

2 cups peach
1 package orange-flavored gelatin

Drain and save juice from puréed fruit. Measure juice and add enough water to make 1¾ cups. Heat to boiling point and add to gelatin. Stir until thoroughly dissolved, then chill until mixture is slightly congealed. Add purée and pour into round mold or deep layer cake tin that has been rinsed with cold water. Chill until firm.

Second Layer:

1 cup boiling water
1 package lime-flavored gelatin
1 cup crushed pineapple with juice
½ cup heavy cream, whipped

While the first layer is chilling, pour boiling water over lime-flavored gelatin and stir until dissolved. Chill until slightly congealed, add pineapple and fold in the cream. Pour over firm orange layer in mold. Chill the second layer until firm.

Third Layer:

1 cup boiling water
1 package gelatin
⅓ cup mayonnaise
1 pint fresh, or frozen strawberry

Pour boiling water over gelatin and stir until dissolved. Chill until slightly congealed. Pick out enough whole berries to fill ¾ cup. Purée the remaining berries and measure pulp and juice about ¾ cup full. Add water if necessary to make ¾ cup. Combine with gelatin, fold in fruit and pour over two layers in the mold. Chill until top layer is firm. Unmold on chilled flat serving plate. Garnish with mayonnaise. To serve, cut out into pie-shaped wedges. Lay flat side down on lettuce leaf. Serve with additional fresh fruits if desired.

FRUIT SALAD

1 cup mango
1 cup sliced pineapple
1 cup avocado
3 bananas (*lakatán*)
½ cup chopped nuts
1½ cups water

1 cup melon
1 can Nestlé's cream
1 cup mayonnaise
1 bar white *gulaman*
¼ cup sugar
Salt

Cut the fruits into cubes. Mix them and drain very well. Season with salt and sugar (about 1 teaspoon salt and ½ cup sugar). Beat the Nestlé's cream with ½ teaspoon salt and ¼ cup sugar. Cool in a refrigerator. Prepare the *gulaman* and cook until dissolved with water and sugar.

Mix the nuts, the mayonnaise and the cream in the fruit mixture. Then pour the *gulaman*. Mix well, then put the mixture in good jelly mold and set. When set, transfer to a platter and garnish with red cherries and parsley.

AVOCADO-PINEAPPLE SALAD

2 cups avocado cubes
2 cups pineapple cubes

1 cup grated coconut
Salt to taste

Mix all ingredients. Add sugar and *kalamansí* juice to taste. Place on a salad bowl and serve cold.

AVOCADO-MELON SALAD

1 solid head lettuce (1 pound)
2 ripe avocados, sliced
4 tomatoes, peeled and quartered
4 medium-sized oranges, sliced

1 medium-sized cantaloupe, or honeydew melon
½ cup pitted ripe olives
Celery seed dressing
Lettuce
Salt to taste

Line a salad bowl with crisp lettuce leaves or make a bed of broken pieces of lettuce. Arrange alternately slices of avocado, quarters of tomato, and slices of orange. Drizzel lime-honey dressing over the layers. Continue until bowl is filled. Cut melon in cubes or balls and top with ripe olives and a few thin slices of orange. Drizzle remaining dressing and serve on chilled plates with sprigs of parsley.

APPLE AND PEANUT SALAD

3 medium-sized apples
½ cup coarsely chopped peanuts
¼ cup boiled dressing
¼ cup mayonnaise

3 tablespoons lemon juice
⅓ cup celery, thinly sliced
Lettuce
Salt to taste

Peel, quarter and core apples. Cut into thin slices, then cut slices into narrow strips and sprinkle with lemon juice to prevent discoloration. Thinly slice celery crosswise. Add the apples and combine dressings and toss lightly. Fold in peanuts and serve immediately on lettuce leaves, or as a stuffing for peeled whole tomatoes.

Variations:

APPLE AND RAISIN SALAD

One-half cup plumped raisins is used instead of peanuts. Celery may be omitted.

APPLE AND BANANA SALAD

Use 1 sliced large banana, ¾ cup diced unpeeled apples and 2/3 cup cranberry sauce folded in ¼ cup mayonnaise for dressing.

APPLE-CHEESE SALAD

One-fourth cup cubed cheese, ½ cup seedless plumped raisins and 2 tablespoons chopped walnuts are used instead of chopped peanuts.

BUTTERFLY SALAD

6 pieces lettuce
6 slices pineapple
6 stalks canned white asparagus
12 stuffed olives
12 thin two-inch strips of pimiento
1 cup mayonnaise
Salt to taste

Arrange the lettuce leaves on salad plates. Cut the slices of pineapple in halves and arrange to represent the wings of a butterfly, using a stalk of asparagus for the body. Place one stuffed olive at one end of the asparagus to serve as the head. Cut the others for serving into thin slices. Arrange in symmetrical fashion on the pineapple to represent the markings of the butterfly wings.

Arrange the thin strips of pimiento as feelers of the butterfly. Serve with the mayonnaise.

CANTALOUPE AND STRAWBERRY SALAD

1 cantaloupe
1 grapefruit
Salt to taste
2 cups strawberry, washed
Lettuce

Slice cantaloupe into wedges. Cut out grapefruit segments. Arrange each in rings on lettuce around strawberries.

FROZEN FRUIT SALAD

¼ cup cheese
¼ cup mayonnaise
2 tablespoons lemon juice
⅔ cup whipping cream, chilled
½ cup sugar
1/6 teaspoon salt
½ cup seedless raisins
¼ cup sliced candied cherries
¾ cup crushed pineapple
1 head lettuce

Soften cheese and blend thoroughly with mayonnaise and lemon juice. Turn cream into a cold bowl and beat until stiff. Fold in the salad dressing mixture but only until just mixed, then fold in the remaining ingredients except greens and mix lightly but thoroughly. Turn into a wax paper-lined refrigerator tray and freeze until firm. Serve plain or topped with additional mayonnaise.

MOLDED FRUIT SALAD

2 cups avocado
1 tablespoon plain gelatin
¼ cup cold water
¾ cup teaspoon salt
¾ cup mayonnaise
1½ teaspoons onion juice
2 tablespoons lemon juice
¾ cup heavy cream, whipped
Sliced oranges and grapefruit sections
Water cress

Soften gelatin in cold water for 5 minutes, then set over hot water until dissolved. Meanwhile purée the avocados. (There should be about 2 cups.) Add next four ingredients. Add dissolved gelatin slowly, stirring constantly. Fold in cream thoroughly but lightly and pour into a mold or individual molds that have been rinsed with cold water. Chill until firm. Unmold on chilled flat platter and garnish with water cress, thick slices of orange and grapefruit sections.

ORANGE-COCONUT SALAD

3 seedless oranges, peeled and sliced
Salt to taste
½ cup moist coconut
Lettuce

Arrange a circle of thick overlapping orange slices on crisp lettuce with a heap of coconut in the center. Serve with dressing. (Refer to Salad Dressings.)

SUMMER SALAD

4 cups strawberries
1 tablespoon sugar
1 small cantaloupe
1 small grapefruit
1 large avocado
2 tablespoons lemon juice
1 small red apple
½ cup pitted cherries
Leaf lettuce
Salt to taste

Wash, hull and sort the berries. Add the sugar to ½ cup of the strawberries. Crush and simmer for a few minutes. Strain through cheese cloth. Chill and reserve juice for dressing. Cut cantaloupe in wedges, discard seeds and fibers and peel sections of grapefruit carefully. Cut avocado in half, discard pit, slice across, then dip in lemon juice. Peel off rind and dip again just before arranging on platter. Cut apple into thin wedges, remove core and dip in lemon juice to prevent discoloration. Arrange the avocado and apple alternately on lettuce around outer edge of platter. In inner circle arrange the cantaloupe and grapefruit alternately. Heap remaining strawberries in middle and drop cherries around for a dark accent. Serve with sour cream dressing made as follows:

Blend 1 cup sour cream, ¼ cup strawberry juice made from ½ cup of strawberry, 1 tablespoon sugar, and ½ teaspoon salt. Chill.

STRAWBERRY-AVOCADO SALAD

Golden Fluff Dressing:

¼ cup salad oil
2 tablespoons corn syrup
1 tablespoon sugar
1 tablespoon flour
1 egg, separated
2 tablespoons lemon juice
⅛ teaspoon salt

Glaze:

2 tablespoons gelatin
1 tablespoon corn syrup
¼ cup lemon juice

Salad Ingredients:

2 avocados
1 cup small whole strawberries
1 tablespoon corn syrup
½ cup grapefruit sections
1 tablespoon lemon juice

Dressing: Combine in top double boiler the oil, syrup, lemon juice, salt, flour, and yolk of egg. Beat thoroughly. Cook until thick and fluffy, stirring constantly. Fold in stiffly beaten egg white, cook a minute longer, stirring gently. Cool.

Glaze: Combine gelatin, lemon juice, and syrup. Place over boiling water until gelatin is dissolved. Keep in warm water until ready to use.

Salad: Cut avocados in half, lengthwise. Remove seed. Carefully scoop out each half in as large pieces as possible, preserving shaped shell. Dice avocado, combine with grapefruit and strawberries. Add lemon juice and syrup, which have been blended together. Fill shells with fruit mixture. Remove gelatin mixture from heat, cool slightly and spoon over fruit. Chill about ½ hour. Just before serving, top with a tablespoon of the cooked dressing.

SALAD DRESSING AND GARNISHING

DRESSING

ALMOND MAYONNAISE

To 1 cup stiff mayonnaise add 1 cup whipped cream, and ¼ cup each of chopped maraschino cherries and silvered almonds. This is good with fruits, especially with pineapple.

CHEESE MAYONNAISE

Stir ½ cup cream into ½ cup mayonnaise. Add 1 package cream cheese (3 ounces), mashed, ½ cup crumbled Roquefort cheese and ½ tablespoon lemon juice. This is good with lettuce, tomato and fruits.

CHUTNEY DRESSING

To 1 cup of mayonnaise add 2 tablespoons of chutney. Blend thoroughly.

COOKED SALAD DRESSING

2 tablespoons flour
1 teaspoon dry mustard
2 egg yolks, slightly beaten
1 tablespoon sugar
1 teaspoon salt
1 cup milk
⅓ cup vinegar or lemon juice
Dash of cayenne

Mix flour, sugar, mustard, salt and cayenne in the top of a double boiler; stir in the milk gradually. Cook over boiling water, stirring constantly until thickend; cover and cook for 10 minutes, stirring occasionally. Stir a little of the thickened mixture into the slightly beaten egg yolks; add to the remaining hot mixture and cook over hot water, stirring constantly, for 3 minutes. Remove from the heat; stir in the vinegar or lemon juice. Chill before serving.

CREAM MAYONNAISE DRESSING

To 1 cup of mayonnaise add immediately before serving 3 tablespoons of whipped cream.

CREAMY COOKED DRESSING

1 tablespoon sugar
1 teaspoon salt
1 cup cream
2 tablespoons butter
1 teaspoon dry mustard
3 egg yolks
⅓ cup vinegar or lemon juice
Dash of cayenne

Combine all ingredients, except vinegar, in the top of a double boiler; cook over hot, not boiling water, stirring constantly until thick. Remove at once from the heat; stir in vinegar or lemon juice. Chill before serving.

FRUIT JUICE DRESSING

1 egg yolk
¼ teaspoon dry mustard
¾ cup salad or olive oil
¼ cup lemon juice
2 tablespoons maraschino juice
¼ teaspoon salt
1 teaspoon sugar
¼ cup pineapple juice
2 tablespoons orange juice

Beat the egg yolk; add mustard, salt and sugar. Add the oil gradually, beating constantly.

Add fruit juices and beat thoroughly with a rotary beater, or put into screw-top jar and shake until blended. If dressing is made in advance, shake again just before using.

GREEN DRESSING

Color 1 cup of mayonnaise with juices extracted from water cress and parsley, using twice as much parsley as water cress. To obtain the coloring, break the greens in pieces, pound them in a mortar until thoroughly macerated, then squeeze them through a cheese cloth. This method of coloring is preferable to the use of artificial coloring, as it contains all the mineral salts of the green. If desired, add also 2 tablespoons of well-washed capers.

HONEY FRUIT DRESSING

3 ounce-package cream cheese
1 tablespoon honey
½ teaspoon salt
1 teaspoon grated orange rind
¼ cup orange juice
1 tablespoon lemon juice
Paprika
Cayenne

Soften the cream cheese in a bowl; add salt, honey, and orange rind; blend thoroughly. Add paprika and cayenne to taste.

Add fruit juices gradually and stir until smooth.

OLIVE DRESSING

To 1 cup of mayonnaise add 1 tablespoon of finely chopped black olives, 1 teaspoon each of finely chopped green olives, and parsley. Blend thoroughly.

PIQUANTE DRESSING

To 1 cup of mayonnaise add 1 teaspoon each of finely chopped green olives, sour pickles, well-washed green capers, onion, and chives with a scant teaspoon of prepared mustard. Blend thoroughly.

PINEAPPLE DRESSING

¼ cup sugar
1½ cups pineapple juice, unsweetened
2 tablespoons cornstarch
¼ teaspoon salt
4 egg yolks, slightly beaten
¼ cup lemon juice
Dash of celery salt

Mix the sugar, cornstarch, celery, and salt in the top of double boiler; stir in the pineapple juice. Cook over boiling water, stirring constantly, until mixture thickens. Cover and cook for 10 minutes, stirring occasionally.

Stir a little of hot mixture into slightly beaten egg yolks; add to remaining hot mixture. Cook over hot water, stirring constantly for 3 minutes; stir in lemon juice; chill.

STRAWBERRY WHIPPED CREAM DRESSING

Fold 1 cup crushed strawberries and 1 to 2 tablespoons confectioners' sugar into whipped-cream dressing.

THOUSAND ISLAND DRESSING

To ½ cup of mayonnaise add 1 tablespoon of chili sauce, and 1 tablespoon each of finely chopped celery, pimiento, green pepper, and 1 tablespoon of coarsely chopped hard-boiled egg. Finally, fold in ½ cup of whipped cream.

APPLES

Cubed, in balls, in rings, rolled in paprika, minced parsley or chives.

CARROT CURLS

Slice carrots paper-thin, lengthwise, with a vegetable slicer. Chill in ice water until very crisp and curled.

CELERY CURLS

Cut inner stalks of celery into 3 or 4-inch lengths and with a sharp knife, slit each length in thin strips from the border end to within ½ to 1 inch of the other end. Chill in ice water until the thin fingers spread and curl.

CHEESE

Cubed, rolled into small balls, then rolled in paprika, minced parsley, or finely minced nuts.

CHEESE BALLS

Shape cream cheese or drained cottage cheese into balls; roll lightly in paprika or in finely chopped olives or nuts.

CHERRY POINSETTIAS

Make 6 to 8 cuts in whole maraschino cherries from top almost to stem end; flatten out petals. Use as a garnish for fruit salad or fruit cup.

CUCUMBER CURLS

Pare a cucumber by cutting thinly round and round, as you would pare an apple in a continuous strip. Chill in ice water.

GRAPEFRUIT OR ORANGE BASKET

Across the stem end of a grapefruit or orange, draw two parallel lines, about ½ inch apart, coming almost halfway down the side of the orange. With a small sharp knife cut into the orange along the lines. Then from each side cut in at right angles to meet the end of the cut already made. Lift out the two sections thus freed; the fruit is now shaped like a basket. Fill the basket with any small fruits and a sprig of mint, if desired. Use for individual servings of fruit salad or fruit cup; or use as a container for a fruit salad dressing.

GREEN PEPPER RINGS

Use a firm green pepper of good shape. Slice thinly crosswise and cut all white portions. Chill in ice water to crisp.

HARD-BOILED EGGS

Quartered, chopped, sliced, or sieved, sometimes blended with minced parsley, chives, chopped dill, or capers.

ONION RINGS

Use Bermuda or Spanish onions. Slice thinly crosswise and separate into ri
Chill in ice water until very crisp.

PICKLE FANS

Cut small sweet gherkins in thin slices lengthwise from tip almost to s
end. Spread slices apart like a fan.

RADISH CHRYSANTHEMUMS

Scrape outside of radishes lightly, leaving a pinkish color. Slice radish fr
top to bottom as thinly as possible, first in parallel rows then in another row
right angles. Chill in ice water.

RADISH ROSES

Cut off the root with a sharp thin knife; score sections of the skin fr
the tip toward the stem end; loosen the skin nearly to the stem end so that the
sections stand out like petals. Make one row of long petals curl back slight
Another kind of radish rose is made by cutting paper-thin slices of radish f
the petals, then inserting the petals into slits cut in other whole radishes. C
a row of 3 slits, at a downward angle, around the radish near the top; then a
other row of 4 lower. Stagger the slits so the petals will overlap as in ros
Insert the radish petals in the slits and chill in ice water.

TURNIP DAISIES

Cut a slice of white turnip about 1 inch thick. Cut down through it wi
a fluted cookie cutter. Slice very fine. Between flutings of each slice c
gashes toward the center to separate petals. Insert a tiny piece of carrot in th
center. Chill in ice water to curl the petals slightly.

EASTER CHICK

Start with a shelled hard-boiled egg of the size desired. Cut off lengthwi
a thin slice to make a flat base. From another hard-cooked egg take the yolk, m
it and mix with mayonnaise to make it soft and smooth. With a decorating t
filled with this mixture, apply wings and head of chick. Insert a small bit of
for bill and a strip of pimiento for the comb. With a pointed knife make a s
slit at the tail end and insert a celery leaf or a small piece of curled endive. (T
curl endive, cut the tip of a single leaf in parallel slits about an inch deep and s
in ice water.) Place the chick in a nest of water cress or shredded lettuce in th
center of salad platter, or use for individual salads.

HOW TO MAKE EGG NOODLES

1 egg
1 teaspoon salt
½ egg shell cold water
1 cup flour

Break the egg into a cup, add the half egg shell of water and the salt and mix lightly. Sift 2/3 cup of the flour into a bowl, make a hollow in the center and pour in the egg mixture. Stir with a knife in one direction, adding flour until the dough is so stiff that stirring is difficult. Turn onto a floured board and knead until smooth and elastic. Then roll out as thin as possible, turning the dough about to prevent its sticking to the board. Flour the board lightly and let the dough stand ½ hour to dry. If a cutter is available, run it evenly across the dough and shake the noodle lengths apart. If no cutter is at hand, cut the dough into halves, roll each side like a jelly roll, then slice thin or wide as desired. Shake the slices apart. Let the noodles dry.

To cook, drop the noodles into boiling soup or stew, and boil for 20 minutes. Or drop them, few at a time, into hot fat and quickly fry them until brown and crisp, then drain on soft crumpled paper. Noodles are very good in soups made from turkey or chicken carcass.

HOW TO MAKE A BASKET FROM NOODLE PASTE

The bottom is first cut, about ¾ to 1 inch thick, from stale bread. The shape may be round or oval. For the ribs of the basket, pieces of large macaroni (all evenly cut) are stuck into the base. These are spaced at regular intervals, and put in such a way that they lean outwards. Use always an uneven number: 11-13-15, etc., according to the size of the basket. This makes the body of the basket. The wicker work is done with fresh noodles about 1½ inches wide and as long as possible. They are taken one by one and interwoven, passing outside one spoke, and then inside the next one, and so on. Half-cooked spaghetti can be used also for the wicker work.

This basket is then fried in deep hot lard until golden in color.

BAKED NOODLES WITH CHEESE

1½ cups thin white sauce
½ teaspoon onion juice
1¼ cups grated cheese
¼ cup buttered crumbs
2 eggs
¼ pound medium noodles, cooked
Dash of salt
Dash of pepper

Pour the hot white sauce slowly over the beaten egg yolks, stirring while pouring. Add the onion juice, salt and cup of cheese; fold in gently the beaten egg whites. Combine the noodles and sauce, turn into a buttered baking dish and top with the crumbs blended with the remaining cheese. Bake in a moderate oven for ½ hour, or until the sauce bubbles and the crumbs and cheese topping brown delicately.

BEEF NOODLE CASSEROLE

1 package wide noodles
½ kilo ground beef
½ cup onion, chopped
½ cup milk or broth
½ cup buttered crumbs
2 tablespoons garlic
1 teaspoon paprika
4 cups tomato paste
2 teaspoons pepper

Cook noodles, rinse and drain; heat fat; add garlic, then onion, tomatoes a beef. Add milk or broth and seasonings.

Mix sauce with noodles and place in greased casserole. (Noodles and sau may be arranged in layers.) Top with buttered crumbs and a dash of paprika

BUTTERED NOODLE RING

Cook 1 package noodles; rinse and drain. To hot noodles add ¼ cup butter stir well.

Pack a ring mold about 9 inches in diameter. Unmold on a large pla ter; fill the center with creamed meat, fish or vegetables.

DEVILED CREAMED NOODLES

1 or 2 slices onion, minced
3 tablespoons flour
2¾ ounces ham or potted meat
Salt and pepper to taste
3 tablespoons fat
2½ cups milk
½ pound noodles
3 tablespoons grated cheese

Cook the onion in the fat until it browns a little. Stir in the flour, then ad the milk and cook, stirring constantly until thick. Then add the deviled ham or potted meat with salt and pepper, if needed. Arrange the noodles in a bak ing dish, pour the sauce over, sprinkle with the cheese and bake in a moderate oven for 20 to 25 minutes.

NOODLES WITH MEAT SAUCE

½ pound round steak
3 tablespoons olive oil
1 small onion, minced
1½ cups strong broth
1 teaspoon tomato paste
¼ teaspoon thyme
1 clove garlic, minced
1 package wide noodles
¼ pound mushrooms, sliced
2 tablespoons flour
2 tablespoons dry white wine
½ bay leaf
1 teaspoon parsley
¼ cup grated cheese
Salt and pepper

Pass the meat through a food chopper. Heat the oil in a frying pan, an brown in it the meat, onions, garlic, and mushrooms. Add the flour, mix th oughly, then pour in the broth, wine and tomato paste with the herbs and sea sonings. Simmer ½ hour, combine with the noodles which have been cooked un til tender in boiling salted water and drained. Turn onto a hot platter and ser with grated cheese.

SCALLOPED NOODLES WITH SEA FOOD

2 cups cooked fine noodles
2 cups lobster, crab or shrimps
2 cups medium-white sauce
1 tablespoon garlic
¼ cup onions
1 teaspoon paprika
2 tablespoons onion, grated
Salt and pepper to taste

Sauté the garlic in oil, add the onions and the shrimp meat, then the thi sauce. Arrange noodles and mixture in layers in greased casserole. Cover wi white sauce to which onion is added. Top with crumbs and a dash of paprik Bake in a moderate oven until brown.

CANNELLONIS A L'ITALIENNE

TIMBALE NAPOLITAINE

FRESH NOODLES

CANNELLONIS A L'ITALIENNE

Dough:

½ kilo flour
8 whole eggs
4 teaspoons salt

Knead all together and let rest before cutting into squares. When the little squares of dough have been prepared, place in boiling salted water and let boil for 20 to 30 minutes, remove and place in fresh cold water, then drain without breaking them.

Filling:

6 chicken livers
1 pair of calf or veal brain, well-cleaned
½ cup milk
⅓ cup butter
2 or 3 egg yolks
3 tablespoons tomato purée
½ cup grated cheese
¼ cup grated bread crumbs
½ chopped truffle
Bacon or
Ham of a regular piece of pork loin
Salt, pepper and nutmeg to taste
A little Jerez wine
1 chopped onion

Cut the ham or bacon into small pieces, stew in lard with chopped onion and liver, cut in small pieces, together with the spices, then the brains cut into pieces and fried beforehand, wine, tomato sauce, grated crumbs and the chopped truffle. When thoroughly cooked and seasoned, pass thru a meat grinder. Fill the prepared "Cannellonis" with this mixture and place them in a fire-resisting dish and cover with the following sauce.

Sauce:

1 tablespoon butter
1 cup milk
½ cup flour
2 egg yolks
Salt to taste

Melt butter, add flour milk, and season with salt, pepper, grated nutmeg and grated cheese. Remove from fire and add 1 or 2 egg yolks if the filling does not contain any eggs. Pour this sauce over the "Cannellonis," sprinkle with grated cheese and dot with butter. Place in oven until brown.

RAVIOLIS A L'ITALIENNE

Filling:

¼ kilo chopped veal or any meat
1 chopped onion
1 segment garlic, pounded
1 sprig parsley
1 tablespoon oil or lard
1 teaspoon salt

Stew in the lard the chopped onion and the other ingredients, adding lastly the chopped veal. Remove from fire and add 1 tablespoon of cream, salt and pepper. Let cool. In the meantime prepare the paste.

Paste:

3 cups flour
2 eggs
2 teaspoons salt
3 tablespoons milk

Mix together and knead. Let dough repose for a while before using. Extend dough and proceed to shape. Drop the "Raviolis" in boiling salted water and cook for 6 to 8 minutes. Remove from water and drain. Arrange them on a fire-resisting dish. Sprinkle heavily with grated cheese and tomato sauce, then another layer of cheese and dots of butter. Cook for 15 to 20 minutes.

TIMBALE NAPOLITAINE

1 package macaroni
⅛ pound butter
1 cup chicken meat

Boil large macaroni till tender, cool and drain on a cloth and cut them round slices. Arrange these rings neatly against the sides and the bottom the mold greased with butter and place it on the ice to set. Have ready a ve light farce (chicken or veal *quenelle* for cement). Spread very carefully the and bottom of mold with this, taking care not to remove the macaroni rings. the mold thus prepared with a ragout being interlined with cooked macaroni tomato sauce. Cover the mold with buttered paper and cook it in a sauce with water, in the oven. Allow 30 to 40 minutes in a fairly hot oven. W done, turn out on a hot dish, and pour tomato sauce around the edge of the and serve with grated cheese.

Ragout Filling:

1 cup pork, mutton, beef or chicken meat
4 tablespoons oil
2 tablespoons onion
Salt and pepper
Bay leaf
4 tablespoons tomato sauce
½ cup ham, diced

Sauté in oil the onion, when brown in color, add the tomatoes, then the me bay leaf, salt and pepper to taste. Cook until meat is tender.

Mix the remaining cooked macaroni left from the preparation of the tim shell.

PIZZA

Pastry:

1 cake yeast or 1 tablespoon yeast grain
1 cup lukewarm water
2 teaspoons sugar
1 egg white, beaten
1½ teaspoons salt
1 tablespoon shortening
4 cups sifted flour

Filling:

¼ cup salad oil
2 six oz. tins tomato paste
½ cup chopped onion
¾ cup grated cheese
½ pound cheese
¼ pound cooked lean ham or ¾ pound sausage
Salt, pepper, *oréganó*

Soften yeast in ¼ cup of the water. Let stand 10 minutes. To the rema ing water add sugar, salt, shortening and 1 cup of the flour. Beat until ve smooth. Add the yeast mixture and stir well. Thoroughly fold in egg white, th add flour to make a stiff dough. Turn out on lightly floured board and kn until smooth with the greased side up. Cover and let stand in warm place. Let ri until it doubles in bulk. Cut into 4 portions, cover, let rise 60 minutes. R out into 8-inch circles. Lift into pie pans. Press out gently until it is unifor ly ¼ inch thick in bottom and slightly thicker on side. Brush dough with sa oil and quickly spread tomato paste over it. Sprinkle in grated cheese, then sli of ham or half-cooked sausage, the onion and lastly the pieces of cheese. Use pa brush to pat thin film of salad oil over top. Sprinkle with salt, pepper, and ab ¾ teaspoon of crumbles or *oréganó*.

Bake immediately in hot oven until thoroughly done, about 20 minutes. Serv blistering hot, cut in wedges.

MACARONI

MACARONI A LA KING

- 1 package macaroni
- 3 tablespoons butter
- ½ cup mushrooms, thinly sliced
- ⅓ cup green pepper, cut in thin slices
- ⅓ cup pimiento, cut in thin strips
- 2 cups thin white sauce
- 1 teaspoon salt
- ⅓ cup onions
- ½ cup buttered crumbs

Cook macaroni in water and salt. Remove and drain. Heat butter in a skillet; add the onions, mushrooms, and green pepper; cook until soft. Mix the cooked macaroni, then the sauce, salt and pepper to taste.

Place the mixture in a greased casserole. Top with crumbs and a dash of paprika. Bake in moderate oven about 25 minutes or until brown.

MACARONI AND SHRIMP CREOLE

- 1 package macaroni
- 3 cups shrimps
- 1 cup cheese, grated
- ½ cup buttered crumbs
- 1 cup tomato sauce
- Paprika
- Salt and pepper to taste

Cook macaroni; rinse and drain. Sauté onion with oil and add the tomato sauce, macaroni, salt and pepper. Place the mixture in a greased casserole. Top with buttered crumbs and a dash of paprika. Bake in a moderate oven until brown.

MACARONI, LIVER AND MUSHROOMS AU GRATIN

- 1 package macaroni
- ⅓ cup butter
- 1 cup chicken livers or calf liver
- ½ clove garlic, finely chopped
- 1 cup mushrooms, sliced
- ¼ cup onion, chopped
- 2 cups canned tomatoes
- ½ cup tomato paste
- 1 teaspoon brown sugar
- 2 teaspoons salt
- ½ cup cheese, grated
- Few grains of cayenne

Cook macaroni; rinse and drain. Place in a greased casserole. Melt butter in a skillet; add gradually chicken livers or calf liver; when of a golden color, add the onion, the tomatoes and mushrooms, and all the other ingredients and seasonings. Pour the macaroni mixture in a casserole and top with grated cheese. Bake in a moderate oven about 25 minutes or until brown.

MACARONI LUNCHEON LOAF

- 1 package macaroni
- ½ cup soft bread crumbs
- 2 eggs
- ½ cup Bechamel sauce
- 1 cup cooked ham, chopped
- 1 cup cheese
- ½ teaspoon pepper
- 2 teaspoons grated onion
- Boiled salted water

Cook the macaroni in boiling salted water until tender. Drain and cut into 1-inch lengths. Add the ham, cheese, crumbs, seasonings and onion. Moisten with the slightly beaten eggs and Béchamel sauce; turn into a well-greased loaf pan and bake in a moderate oven about 45 minutes. Unmold and serve with cheese sauce into which a little diced pimiento has been stirred.

MACARONI TIMBALES

- 1 cup medium-white sauce
- ½ tablespoon salt
- 1 cup cooked macaroni
- 1 cup cheese, grated
- 2 eggs, slightly beaten
- ⅛ teaspoon pepper
- 2 teaspoons onion, grated

Combine all ingredients; pour into greased custard or timbale cups. Place in a pan of water up to the level of the timbale mixture and bake in a moderate oven about 30 minutes or until set.

MACARONI WITH BACON, SAUSAGE AND TOMATO SAUCE

1 package macaroni
1 cup bacon
⅓ cup onions, chopped
1 cup cheese, crumbled
1 cup tomato paste
½ cup milk
½ cup buttered crumbs
1 cup broth
Salt and pepper

Cook macaroni; rinse and drain. Cook the onion in oil until brown. Add the tomato paste, then the bacon and sausage; add the broth. Arrange the mixture. Place the cooked macaroni in layers in a greased casserole alternating with cheese; pour the milk over the layers. Top with buttered crumbs and a dash of paprika. Bake in a moderate oven about 50 minutes or until brown.

MACARONI WITH OLIVE MUSHROOM SAUCE

1 package macaroni
2 tablespoons oil
1 cup tomatoes
¼ teaspoon salt
⅛ teaspoon pepper
½ cup sliced stuffed olives
¼ cup buttered crumbs
1 onion, minced
1 teaspooon sugar
1 cup mushroom soup
¼ cup grated cheese
Boiled salted water or broth

Heat the oil and cook the onion in it for 3 minutes. Add the tomatoes and seasonings and simmer gently for 20 minutes. Add the soup and olives and stir until well-blended.

Cook the macaroni until just tender in boiling salted water. Drain. Arrange alternate layers of macaroni and sauce in a greased baking dish. Combine the cheese and crumbs and sprinkle over the top. Bake in a moderate oven about half an hour.

NEAPOLITAN MACARONI

2 cups cooked beef
½ cup tomato purée
1 cup grated cheese
½ cup white sauce
½ cup oil
Salt and pepper to taste
1 onion, minced

Mince the beef very fine. Mix and sauté in oil the onions, sauce and tomato purée. Add salt and pepper. Sprinkle the bottom of a dish with grated cheese. Add a layer of the chopped meat. Add a layer of macaroni, then more cheese. Pour sauce over the cheese. Allow to simmer in the oven for some minutes and serve.

MACARONI AU GRATIN

1 package macaroni
¼ cup bread crumbs
¼ cup tomato sauce
¼ cup cheese, grated
½ cup Bechamel sauce
Salt and pepper to taste

Boil salt and water and add macaroni. Cook, but do not boil. Drain in a colander. Add Béchamel sauce to the macaroni. Turn into a baking dish. Sprinkle with cheese and bread crumbs. Pour some melted butter and brown in the oven.

MACARONI SALAD

4 slices bacon
2 tablespoons flour
1 tablespoon sugar
1½ tablespoons salt
¼ cup water
⅔ cup vinegar
1 medium-sized onion, sliced
½ cup thinly sliced celery
2 tablespoons chopped parsley
2 cups cooked macaroni

Pan-fry bacon until delicately brown. Remove from fat onto an absorbent paper to drain. Blend flour with drippings remaining in pan. Add sugar and salt, then gradually add liquid, stirring constantly until mixture boils and thickens. Crumble up bacon into small pieces and add the next five ingredients. Toss lightly to mix. Garnish with lettuce.

SPAGHETTI

MILANESE SPAGHETTI

1 package spaghetti
1 cup tomato sauce
½ cup red tongue
½ pound butter
1 cup Madeira sauce
½ cup ham
¼ cup mushroom, cooked
½ cup cheese, grated

Cook spaghetti in salted water, but not completely. Drain while still slightly firm. Place a cup of Madeira sauce in a saucepan with the tomato sauce and add ½ cup of cooked lean ham, ½ cup of red tongue and ¼ cup of cooked mushroom; all cut into thin strips. Allow to simmer well, then add the spaghetti and cook for another 15 minutes. Work a large lump of butter with flour and add to the mixture. Bring to a boil. Remove from the fire and add to the mixture ½ cup of grated cheese. Season to taste.

SPAGHETTI WITH SAUCE

Cook the spaghetti in water and salt. Rinse and drain. Prepare the following sauce: Add ½ cup white wine to any cooked sauce stated below. Mix the sauce with the spaghetti. Keep hot until serving time. Place on a hot platter. Sprinkle with grated cheese.

SAUCES FOR SPAGHETTI

CHEESE-TOMATO SAUCE

⅓ cup oil or lard
½ cup green pepper, chopped
¼ cup celery, diced
2 cups tomatoes (canned whole)
1 cup tomato paste
½ cup cheese, grated
½ cup onion, chopped
¾ cup carrots, diced
1 clove garlic, finely chopped
¼ teaspoon pepper
Bay leaf, small pieces
1 teaspoon salt

Sauté the garlic in a skillet; add onions, green pepper, carrots and celery; cook about 10 minutes or until lightly browned. Add tomatoes, tomato paste and seasonings. Simmer over low heat, uncovered, until thick. Add the cheese. Serve with spaghetti as directed.

CHICKEN LIVER SAUCE

½ kilo bacon, diced
¼ cup onion, chopped
¼ cup celery, chopped
1 cup water
⅛ teaspoon pepper
¼ cup oil
1 cup chicken livers, chopped
1 clove garlic, finely chopped
(optional)
⅓ cup tomato paste
½ teaspoon salt
⅛ teaspoon cloves

Brown bacon in a heavy skillet; remove bacon. Sauté in oil the garlic, then the onions and tomatoes, stirring occasionally. Add water, seasonings and cooked bacon. Simmer over low heat until thick. Serve with spaghetti as directed.

CLAM-TOMATO SAUCE

⅓ cup oil or lard
2 teaspoons garlic
½ cup clams
½ cup liquor from the clams
½ onion
2 cups tomato sauce
1 teaspoon salt

Boil the clams in water and salt. Separate the meat and chop.

Sauté the garlic in oil or lard; add the onions, the tomatoes and the clams; pour the broth of the mixture with salt and pepper. Place spaghetti on a platter and cover with this sauce. Add 1 teaspoon sugar if desired.

ARROZ A LA CUBANA

1 cup raw rice
½ kilo ground pork
6 eggs
4 cloves of garlic
½ cup water
½ onion
8 bananas (*sabá*)
Pepper and salt

Boil the rice, when cooked, form into mounds with a cup around the edge of a large platter. Sauté the garlic and the ground beef. Cook the mixture until dry. Fry the eggs one by one or boil them hard. Peel, slice, and fry the bananas. When ready to serve, place the meat in the center of the rice on the platter; place the eggs next to the meat in an orderly border. Arrange the fried bananas on top of the meat. Make the dish as attractive as possible.

ARROZ A LA VALENCIANA

1 young chicken
½ kilo lean meat
½ teaspoon pepper
2 sausages (Bilbao)
1 cup green peas
6 tomatoes, sliced
2 onions
1 red pepper
3 cups water
3 bay leaves
1 tablespoon salt
1 can tomato sauce
⅓ cup lard
3 hard-boiled eggs
3 cloves garlic, minced
2 green peppers
3 cups raw enriched rice
¼ cup stuffed olives

Cut chicken and pork into convenient sizes. Season with salt and pepper. Slice the sausages. Sauté in lard the garlic, onions and tomatoes in a frying pan. Add chicken, pork, sausages, tomato sauce, bay leaves, rice, water and salt. Mix well and cover. Cook till meat, rice and chicken are tender. Water may be added, if needed. Then cut the peppers and mix with the peas and olives into the rice mixture. Garnish with hard-boiled eggs and stuffed olives. Serve hot.

ARROZ PAELLA

1 small chicken
¼ kilo pork (tenderloin)
1 small can pimiento
1 small onion, chopped
1 cup clams, boiled
2 crabs, boiled and cut
into pieces
1 tablespoon pimiento
2 cups chicken broth
15 squids, small
1 Oxford sausage
1 big ripe tomato, minced
2 cloves garlic, minced
1 bay leaf
2 hard-boiled eggs
½ cup shrimps, boiled
and shelled
1 small can peas
Salt and pepper to taste

Dress, clean, and boil the chicken until quite tender. Separate the meat from the bones and cut into pieces. Sauté the garlic, onions, tomatoes, chicken, pork and sausage. Add seasoning, bay leaf and pimiento. Cook until the pork is tender. Add the rice and stir well. If too dry, add a little of the chicken broth. Add the squid, clams, shrimps, crab, salt and pepper. When cooked, transfer to a platter and garnish with hard-boiled eggs, peas, pimiento cut into strips, and parsley.

RELISHES

BEET AND RADISH RELISH

2 cups beets, chopped or cut in julienne strips
¼ cup vinegar
1 cup radish, grated
½ cup sugar
2 tablespoons salt

Combine all ingredients. Cover and let stand overnight. Serve with meat and fish.

CUCUMBER RELISH

2 medium-sized cucumbers
2 teaspoons onion, grated
¼ cup mayonnaise
2 tablespoons pimiento, chopped
1 teaspoon salt
¼ cup vinegar
Pepper, few grains

Grate cucumbers with a coarse grater or cut in julienne strips. Wrap in a piece of cheese cloth and wring dry.

Place in a bowl and add remaining ingredients. Chill thoroughly. Drain before serving. Serve with fish or veal.

INDIAN RELISH

6 cups diced watermelon rind
2 cups red pepper
3 cups cabbages
5 Spanish or Bermuda onions
¼ cup salt
2 cups light brown sugar
1 tablespoon curry powder
2 tablespoons white mustard seeds
1 tablespoon paprika
2 tablespoons cinnamon
1 tablespoon salt
Cold water
Salt

Discard green outer portion of watermelon rind and the soft pink inner portion. Cut the firm white part into large cubes, cover with brine (¼ cup salt to 1 quart cold water) and let stand overnight.

Discard the seeds and white connecting fiber of the peppers and chop these together with the cabbages and onions. Sprinkle with ¼ cup of salt and let stand overnight.

Next day rinse the watermelon rind with fresh cold water, drain, pat dry in a cloth and chop fine. Drain the vegetable mixture, pressing with the hands to extract all the liquid. Now combine the watermelon rind and vegetables with the sugar, vinegar, spices and seasonings. Cook gently until thick, about 1 hour. Turn into sterilized jars and seal.

ONION RELISH

½ cup vinegar
¾ cup fresh mint leaves, chopped
1 pimiento, cut into thin strips
1 tablespoon sugar
1 cup small onions, sliced thin
1 tablespoon salt

Combine vinegar, salt and sugar in a saucepan. Add mint leaves and heat gently for ½ hour. Add onions and pimento, and if necessary add more vinegar to cover the onions. Chill until onions are crisp before serving. (Mint extract and green food coloring may be substituted for the mint.)

TOMATO KETCHUP

Select fully ripe and fleshy tomatoes. Wash them thoroughly and cut in halves crosswise; remove the seeds; strain the juice from the seeds and set aside. Cut into small pieces, add the juice and boil until very soft. Strain through coarse *sinamay* to extract the pulp of the tomatoes.

1 cup tomato pulp
⅓ cup sugar
¼ cup vinegar
2 teaspoons salt
⅛ teaspoon of the following spices:
White pepper, cinnamon, allspice and mustard, wrapped in a small piece of cloth.

Mix all the ingredients. Boil in a saucepan (enameled or porcelain) until thick to the consistency of a sauce. Remove the bag of spices. Pack while boiling hot in sterilized bottles and seal hermetically with a cork and sealing wax or in preserving jars. Run a stainless knife inside the jar to remove air bubbles. Half-seal and sterilize in water bath 25 minutes and five minutes in the pressure cooker.

CANTALOUPE PICKLES

Small cantaloupes
2 pounds sugar
2 ounces whole cloves
3 ounces stick cinnamon
1 ounce whole allspice
Vinegar

Select cantaloupes which are not too ripe, pare and cut into large cubes. Cover with mild vinegar and let stand 24 hours. Pour the vinegar, then prepare a syrup allowing the amounts of sugar and spices specified to each quart of fresh vinegar. Boil until thick, skim and simmer the melons in this syrup for 2 minutes. Lift out with a perforated skimmer and pack in sterilized jars. Boil the syrup again until thickened (the moisture from the melons will have thinned it somewhat), pour on the packed fruits in the jar and seal.

CRISP MIXED PICKLES

1 kilo small onions
1 small cauliflower
2 small young cucumber
1 cup sugar
1 small bay leaf
1 teaspoon salt
1 cup vinegar

Pour boiling water over onions, cauliflower, cucumber and pepper in separate containers. Allow to stand 2 minutes. Drain and wash with cold water. Peel the onions, the cauliflower and cucumber; cut into small pieces. Place in brine solution (1 part salt and 4 parts water) for 24 hours. Wash and pour boiling water over them. Drain. Pack in sterilized jars. Boil together sugar, bay leaf, salt and vinegar. Pour to the pack mixture and seal completely.

GREEN TOMATO PICKLES

Green, firm tomatoes, cut into halves crosswise
1 cup native vinegar
2 cups water
1 cup salt

Select green, firm tomatoes. Cut into halves crosswise. Remove seeds. Arrange tomatoes in a glass, earthenware, enamel or porcelain container. Pour brine solution (2 cups water and 1 cup salt) enough to cover tomatoes. Place weights (small clean stones or broken pieces of plates will serve the purpose) to prevent the tomatoes from floating. Let stand for 2 weeks, adding 2 tablespoons salt each day for the first three days. Wipe mold as it may appear on top with a wet cloth daily to avoid spoilage.

After two weeks wash tomatoes in several changes of water. Pack in preserving jars and pour the vinegar prepared as follows:

1 cup native vinegar (at least 4% acidity)
1 cup sugar

Boil vinegar and sugar together and strain through a piece of cloth. Pour over tomatoes. Seal completely.

PAPAYA PICKLES

- 2 cups green papaya, grated
- ½ cup native onions
- 1 cup sugar
- 1 cup vinegar
- 1 red and 1 green sweet peppers
- 1 small carrot
- 2 teaspoons salt

Grate the papaya. Put ½ cup salt and press until most of the juice is extracted. Wash off salt and juice by using a clean cloth to squeeze it dry. Pour vinegar. Do the same with the rest of the vegetables. Let it stay overnight in vinegar. Next day squeeze off the vinegar and pack attractively in jars. Make syrup out of vinegar, sugar and salt. Pour over packed mixture. Remove all air bubbles and seal completely.

PICKLED ONIONS

Onions for pickling should be small. Blanch in boiling water. Remove the roots with a sharp knife and loosen the skin which readily flips free, leaving the onion perfectly peeled.

The prepared onions are packed into jars and covered with a pickle solution made as follows:

- 1 cup white vinegar
- ½ cup sugar
- 2 cups water
- 1 teaspoon of mixed whole pickling spices
- 2 tablespoons salt

The spices are tied loosely in a muslin bag. The sugar is dissolved in the water and vinegar mixture. The spice bag is placed in the syrup and simmered in covered vessel for 40 minutes. The hot pickle solution is poured over the packed onions. Seal the jar partially and process in water bath for 30 minutes.

SWEET MIXED PICKLES

- ¼ kilo green tomatoes, chopped
- ¼ kilo cabbage, chopped coarsely
- ¼ kilo tiny onions, peeled
- ¼ kilo green peppers, chopped
- ¼ kilo cucumbers, chopped
- ¼ cup salt
- 3 cups sugar
- ⅛ kilo dry mustard
- 5 pints vinegar, heated

Combine the prepared vegetables, sprinkle with salt and let it stand overnight. In the morning drain very thoroughly. Combine in a saucepan the sugar and mustard; add a little of the vinegar, mixing smoothly, then add the remaining vinegar and bring to boiling point, stirring constantly. Cook until the syrup thickens, add the prepared vegetables and heat thoroughly. Turn into sterilized jars and seal.

PICCALILLI

- 6 cups green peppers
- 6 cups green tomatoes
- 3 cups onions
- 6 cups white cabbage
- 1½ cups salt
- 4 cups light brown sugar
- 3-inch cinnamon sticks
- 3 cups vinegar
- Whole cloves

Wash, quarter and discard seeds and white connecting fibers of peppers. Wash and remove stems from tomatoes. Peel onions and cut cabbages into small pieces Pass all vegetables separately through the food chopper. Arrange in layers, sprinkling each with salt. Cover and let stand overnight. In the morning, drain ver thoroughly and add the sugar, the spices tied together in a cheese-cloth bag, an vinegar barely to cover. Bring to boiling point and simmer very gently for 6 hours Remove the spice bag, pack into sterilized jars and seal.

MISCELLANEOUS

CHEESE STRAWS

3 cups flour
3 teaspoons baking powder
1 teaspoon salt
1 cup grated cheese
⅔ cup milk
1 cup butter

Sift flour, measure and sift with baking powder and salt. Mix cheese with flour, then cut in butter using 2 spatulas until the mixture resembles a coarse corn meal. Add milk and mix well. Transfer to a floured board, knead lightly and roll 1/3 inch thick. Cut into strips, twist a little, then place on a greased cookie sheet and bake in hot oven.

CROUSTADES

Remove all crusts from a loaf bread, preferably a sandwich loaf. Cut bread into 1½ to 2-inch slices. Hollow out center, leaving a wall and bottom about ½ inch thick. To do this neatly, use a very thin sharp knife; first cut down into each slice to make a horizontal slit through one wall, about ½ inch from the bottom and sides, and carefully cut across, until the center is loose.

Brush with butter. Toast in a moderate oven until lightly browned. If desired, dip top in diluted egg white, slightly beaten, then in finely chopped parsley, water cress or mint.

Fill with creamed meat, fish or vegetables or with scrambled eggs; serve immediately. If not used at once, reheat to crisp before filling.

FRENCH TOAST

1 or 2 eggs, slightly beaten
6 slices stale bread
⅓ cup milk
¼ teaspoon salt

Combine slightly beaten egg with milk and salt. Cut each slice of bread in half. Dip in egg-milk mixture and sauté in butter or other fat until browned, turning to brown on both sides; or fry in deep hot fat until lightly browned; drain in absorbent paper.

For breakfast, serve hot with jam, jelly, syrup or honey. For luncheon or supper, serve hot with creamed fish, meat or vegetables.

TOAST BASKET

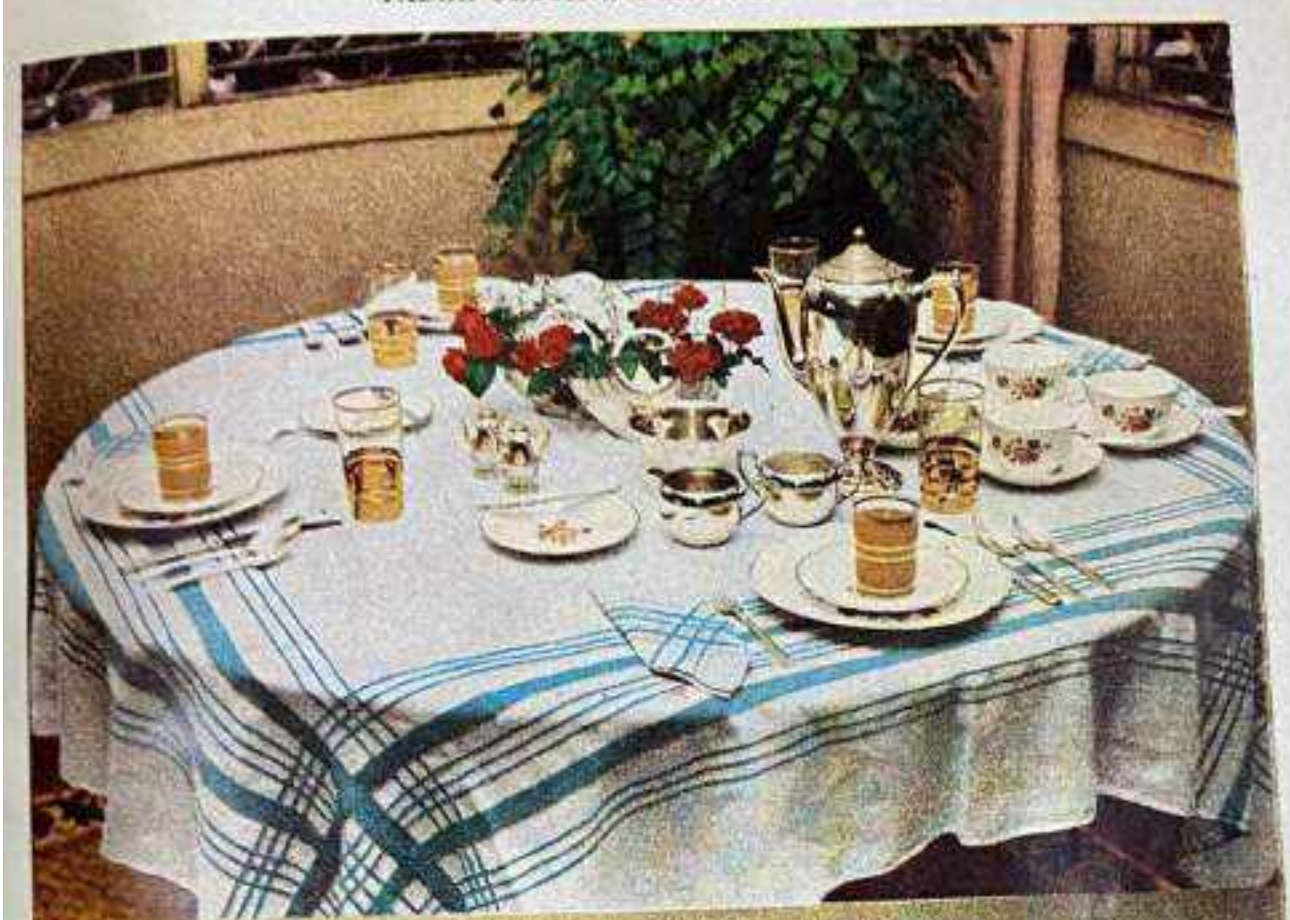
Remove all crusts, except the bottom one, from a loaf of bread. Hollow out center, leaving a well and bottom about ¾ inch thick. Proceed as directed for croustades.

TOAST CUPS

Remove crust from thin slices of very soft bread; spread with melted butter. Press buttered side into muffin pans. Toast in a moderate oven until lightly browned.

Fill and serve as directed for croustades, or fill with a spoonful of jam or jelly to serve at tea time.

TABLE SETTING FOR BREAKFAST



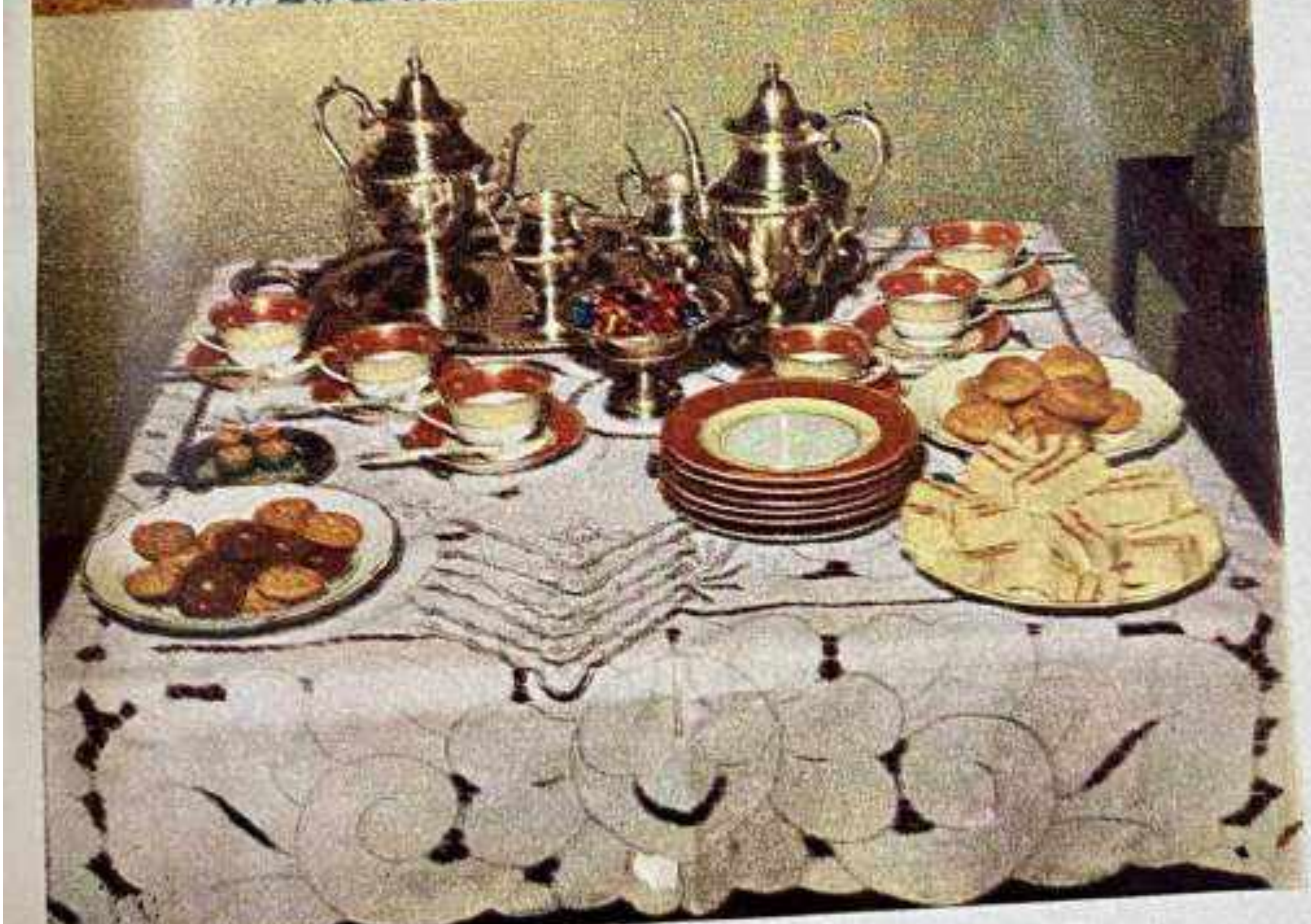


TABLE SETTING FOR TEA PARTY

BREAD

BOSTON BROWN BREAD

- 1 cup flour
- 1 cup cornmeal
- 1 cup Graham flour
- 2 level teaspoons soda
- 1 level teaspoon baking powder
- 1 level teaspoon salt
- ¼ cup sugar
- 1½ cups sour milk
- ⅔ cup molasses

Mix and sift the flour, cornmeal, soda, baking powder, salt and sugar. Add the Graham flour, sour milk and molasses. Beat for 2 minutes. Fill greased molds half-full. Cover tightly and steam for 3 hours.

BREAD CRESCENTS

- ½ cup butter
- ½ cup sugar
- 3 cups scalded milk
- 1 yeast cake
- 4 cups flour
- ½ cup lukewarm water
- 6 beaten eggs
- 2 teaspoons salt
- Flour
- Butter for kneading

Cream butter and sugar, add to the lukewarm milk; soften the yeast in lukewarm water and add to the first mixture, then add the beaten eggs, salt and then the flour to make a soft dough. Knead thoroughly, brush over with butter and set aside in a place free from draft. Let it stand until very light. Roll about ¼ inch thick, cut into 5-inch square; cut this equally into triangles. Brush with softened butter and roll beginning from the wide end. Roll firmly and lightly, and shape as a half-moon by bringing both ends around. Place on a floured sheet, cover and let rise until double in size. Bake in moderate oven.

BRIOCHE

- 1 yeast cake
- ½ cup lukewarm water
- 1 teaspoon sugar
- 4 cups sifted flour
- ½ pound sweet butter
- ½ teaspoon salt
- 2 tablespoons sugar
- 6 or more eggs
- 1 cup milk

Soften the yeast in the lukewarm water with 1 teaspoon of sugar. Add just enough sifted flour to make a very soft dough — one which can easily be formed into a ball. When it is thoroughly but lightly mixed, place this ball in a bowl partly filled with lukewarm water, cover and set in a warm place free from drafts, to rise. Within an hour the ball should have risen to the surface of the water and be light and buoyant. Put the remainder of the flour into a large bowl with the ball. Add half the butter, the salt, remaining sugar and 2 unbeaten eggs. Mix and knead to a smooth velvety dough, using as much milk as may be needed. Work in the remainder of the butter with 2 more eggs and repeat the mixing and kneading. When smooth and no longer sticky, juggle with it in the approved French manner, throwing it in the air and banging it on a slab or board until it becomes as smooth as marble. Add 2 more eggs and mix and beat again. Repeat this beating. Knead long and well and then set in a greased bowl. Cover and allow the brioche to rise to double its original bulk. When very light, beat the dough down again and place it in a refrigerator to stand overnight.

To bake the brioche, mold enough of the dough into a ball to half-fill a muffin pan and then make a criss-cross incision in the top of the ball and gently insert a small ball of the same dough for the head or crown of the brioche. Place in greased muffin tin. Set in a warm place to double in size, and bake it in a moderate oven until it is brown and shiny.

BUTTERSCOTCH PECAN ROLLS

- ½ yeast cake
- ⅛ cup lukewarm water
- ¼ cup granulated sugar
- ¼ cup shortening
- 1 egg
- 1 cup milk, scalded or cooled
- ¾ teaspoons salt
- 4 cups sifted flour
- ¼ cup melted shortening
- ¼ cup butter
- 1 cup brown sugar
- 1 cup pecans, chopped

Soften the yeast in the water, adding about ½ teaspoon of the granulated sugar. Cream the shortening, add the remaining granulated sugar, beaten egg and the milk, then the yeast. Add the flour, sifted with the salt, using enough to make a dough stiff enough to knead. Turn onto a floured board and knead for 10 to 15 minutes, or until the dough is smooth and elastic. Place in a greased bowl, brush over with melted shortening, cover, and let rise for about hours in a warm place until doubled in bulk. Turn onto a lightly floured board knead slightly, and roll out thinly into a rectangular shape, then with the softened butter, sprinkle generously with brown sugar, then with the chopped pecans Roll up like a jelly roll, cut into 1 to 1½-inch slices, and place slices flat in well-greased muffin pans. Put on top ½ teaspoon of butter, 2 teaspoons of brown sugar, and a few pieces of nuts. Press down the slices of dough to make the nuts stick. Cover and let stand about 4 hours in a warm place until doubled in bulk, then bake in a moderate oven about 20 minutes. As soon as baked turn immediately bottom side up. Spread over any remaining syrup.

FRUIT SANDWICH BREAD

- 2 cups flour
- 1 level teaspoon salt
- 2 level teaspoons baking powder
- 2 level tablespoons sugar
- 1 cup seeded chopped raisins
- ½ cup chopped seeded dates
- ½ cup chopped figs
- 2 tablespoons melted lard
- 1⅔ cups milk

Mix and sift the flour, salt, baking powder and sugar. Add the raisins, dates, figs, melted lard and milk. Mix well, then pour into a greased loaf-cake pan. Let stand for 15 minutes. Bake in a moderate oven for 40 minutes. After a day make into thin sandwiches to serve with salads.

✓ WHITE BREAD

- 1 yeast cake
- 1 tablespoon sugar
- 2 tablespoons melted butter or shortening
- 2 teaspoons salt
- 6½ cups flour
- 2 cups lukewarm water

Add the sugar to the water, and stir in the broken yeast. When dissolved thoroughly, set it aside for about 10 minutes. Add the melted butter and salt; then gradually stir in 3 cups of flour and beat until smooth. Add the remaining flour, reserving some to place on the board. Knead dough on floured board until smooth and elastic and until all the flour is worked in. Place it in greased bowl, cover, and set it aside in warm place for about 2 hours, or until well-risen. Mold it in two loaves, place them in well-greased bread pans, filling half-full. Make a slight incision down center of each loaf. Cover, and let rise 1 hour or more. Bake in moderately hot oven from 45 to 60 minutes. (For milk bread, substitute 2 cups of milk for the water plus ¼ cup water.)

DOUGHNUTS

DOUGHNUTS

4½ cups flour
1 teaspoon salt
½ teaspoon cinnamon
1 cup sugar
1 cup milk
4½ teaspoons baking powder
¼ teaspoon nutmeg
2 tablespoons shortening
2 eggs or 4 egg yolks

Sift the flour, measure, add the baking powder, salt, nutmeg and cinnamon; sift again. Cream shortening; add sugar gradually; continue beating until light and fluffy. Add egg yolks, one at a time, beating after each addition. Add milk and flour mixture alternately, stirring until blended. Chill for ½ hour. Roll out on lightly floured board about ¼ inch thick. Cut with floured doughnut cutter and let stand uncovered for 20 to 30 minutes. Drop into deep fat and fry 3 to 5 minutes or until golden brown, turning the doughnuts as they rise to the surface. Drain on absorbent paper. Fry only a few doughnuts at a time.

ORANGE DOUGHNUTS

4 cups sifted all-purpose flour
¾ teaspoon soda
2 tablespoons shortening
1 cup sugar
½ teaspoon salt
½ teaspoon cream of tartar
4 egg yolks, well-beaten
Juice of 1 orange
Grated rind of 1 orange
Milk

Sift together dry ingredients. Cream shortening, rind and sugar until well blended. Add egg yolks; mix well. Put orange juice in cup and add milk to make ¾ cup. Add to creamed mixture and blend. Add sifted ingredients and mix until smooth. Roll dough on floured board to ⅜ inch thickness. Let dough stand for 10 minutes. Cut with doughnut cutter. Fry in deep hot fat until brown, turning when first crack appears.

RAISED DOUGHNUTS

1 package yeast
¾ cup milk
2 teaspoons grated lemon rind
¾ teaspoon nutmeg
½ teaspoon salt
1 cup sugar
¼ cup water, warm
4 cups sifted flour
2 eggs, well-beaten
½ cup shortening, melted and cooled; or salad oil

Sprinkle yeast over warm water. Let stand for 5 minutes. Bring milk to a boil and cool. Add yeast, one-half of the flour and 2 tablespoons of the sugar; beat until smooth. Cover and let rise in a warm place about ½ hour. Stir in the beaten eggs, lemon rind, shortening and remaining flour sifted with remaining sugar, nutmeg and salt. Beat for 10 to 15 minutes by hand or 4 to 5 minutes by electric mixer or until bubbles appear on the surface. Cover and let rise about 1 hour, turn out on board and roll out 1 inch thick; cut with doughnut cutter; cover and let rise about 1 hour or until double in bulk.

Drop raised side into deep hot fat and fry about 2 to 3 minutes, turning the doughnuts to brown on both sides. Drain on absorbent paper; brush, while still warm, with butter and sprinkle with powdered sugar.

WAFFLES AND WAFERS

✓BANANA WAFFLES

1¼ cups flour
2 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar

2 eggs
1 cup milk
4 tablespoons shortening, melted
1 cup banana, sliced

Sift flour; measure; add baking powder, salt and sugar; sift again. Beat yolks; add milk and melted shortening; pour into flour mixture and stir enough to moisten the dry ingredients. Add the sliced bananas and mix. Fo egg whites which have been beaten until stiff but not dry. Bake 4 to 5 min in a moderately hot waffle iron. Serve hot with melted butter and syrup, ho or any other desired accompaniment.

✓BRICELETS (SWISS WAFFLES)

16 ounces flour
8 ounces sugar
1 lemon rind

8 ounces butter
4 eggs
Pinch of salt

Make a sweet paste, and divide it into pieces the size of a nut. Flatte Heat the bricelet iron, and rub well with some bacon rind. Put into the i as many balls as there are recesses. Close the mold, and cook on both sides ordinary waffles.

BRUSSELS WAFFLES

½ pound sifted flour
1½ ounces sugar
2 eggs

2 ounces butter
¼ ounce yeast
Salt and milk for mixing

Dissolve the yeast with a little tepid milk, and pour it into the middle of th flour. Add the sugar, eggs, salt, and the necessary amount of milk. Add the m ed butter last. Keep for 2 hours in gentle heat so that the dough will rise to do ble its volume before making the waffles.

CORN MEAL WAFFLES

¾ cup flour
1 teaspoon salt
2 eggs
½ cup shortening, melted
⅓ cup sugar

3 teaspoons baking powder
1½ cup cornmeal, white or yellow
1¼ cups milk

Sift flour; measure; add baking powder, salt and sugar; sift again and a corn meal; mix well. Beat egg yolks; add the milk and the melted shortenin pour this into flour mixture; and stir just enough to moisten the dry ingredien Fold in the egg whites which have been stiff but not dry.

Bake about 4 minutes in a moderately hot waffle iron. Serve hot with sha maple sugar, with melted butter, warm syrup and frizzled Canadian bacon or ia or with grilled sausage and apple rings.

CREAM FOR FILLING WAFFLES

7 ounces of fondant on a marble slab (crushed with hand)

7 ounces of cocoa
3½ ounces of icing sugar
Vanilla

The cocoa may be replaced by butter if the waffles are to be eaten imm diately.

✓ LITTLE WAFFLES

⅝ pound flour
4 ounces sugar
5 ounces butter
4 egg yolks
A pinch of salt
A little rum
Orange or lemon peel

Make the dough like a smooth sweet dough. Divide into pieces the size of an egg (according to the size of the waffle iron), roll them into balls, and flatten with the hand. Put the pieces into the hot waffle iron. Close the iron and cook. These small crisp cakes may be kept several days in a firmly closed box.

✓ ORDINARY WAFFLES

½ pound flour
3 eggs
1 pint cold milk
1 teaspoon vanilla
5 ounces sugar
3½ ounces melted butter
½ teaspoon salt

Place in a bowl all the ingredients with the exception of the butter. Beat with an egg beater until the mixture is smooth and like pancake batter. Add the melted butter. Cook in a very hot greased waffle iron. Sprinkle with sugar before serving.

SULTAN WAFFLES

12½ ounces flour
5 ounces butter
6 egg whites, stiffly beaten
8 ounces sugar
6 egg yolks
1 pint milk
Salt

These waffles are cooked in a special mold so as to obtain very thin waffles. They are then made into sandwiches, being spread with thick syrup or any cream filling.

WAFFLES OF THE JARDINS PUBLICS

10½ ounces flour
1 egg
Salt
4 ounces icing sugar
1½ ounces butter

Water to mix the dough. Sprinkle with sugar when serving.

FOR WAFER AND CIGARETTES

2 egg whites
1¾ ounces butter
3½ ounces sugar
1½ ounces flour
Vanilla

Stiffly whip the egg whites, then using a wooden spoon, carefully stir in, first the sugar, then the sifted flour, and lastly the melted butter (the latter should be melted but not hot). Before cooking, try a little of the dough. Bake one or two small rounds in a very hot oven on a buttered floured baking sheet. If it is too fragile and hard to manage when cooked, add a little sifted flour to the dough. On the other hand, if the wafer is like cardboard, add a spoonful of melted butter.

SANDWICHES

ANCHOVY SANDWICHES

Spread with butter on each slice of bread. Place anchovy fillets in on the bread. The fillets should be strained off first. Sprinkle grated hard-b egg yolks on top. Cut into small rectangles.

APPLE AND PEANUT BUTTER SANDWICH

To 1 cup of pared, cored, finely chopped crisp apple, add quickly 1 teaspoon lemon juice and moisten with equal quantities of blended peanut butter and ma yonnaise of about 4 tablespoons. Any bread may be used.

AVOCADO SANDWICH

To 1 cup of sieved avocado pulp, add 2 teaspoons of lemon juice, ½ teaspo of onion juice and a dash of salt and paprika. Rye bread may be used.

BACON AND TOMATO SANDWICH

Broil three slices of bacon and arrange between slices of toast with crisp le tuce and sliced tomato; the latter may be raw or broiled with the bacon.

BACON AND ONION SANDWICH

Use lightly browned sautéed onions instead of tomatoes.

BACON AND LIVER SANDWICH

Chopped cooked bacon and liver seasoned with salt, pepper and Worcest shire sauce is a good way of varying bacon sandwich.

CALLA LILY SANDWICH

1 small can asparagus
1 small bottle mayonnaise
Butter
Sandwich bread

Trim each slice of bread. Roll slightly, spread butter, then mayonnai Place on it ½ asparagus tip. Fold as a calla lily flower. Arrange nicely on platter and decorate with parsley.

CARMEN SANDWICH

24 slices bread, buttered
½ cup pimiento cheese, creamed
3 tablespoons catsup
1 tablespoon chili sauce
1 tablespoon French dressing
2 level tablespoons chopped celery
2 level tablespoons chopped cucumbers
1 level tablespoon chopped onion

Arrange the slices of bread in pairs. Mix the rest of the ingredients, and spread some of the mixture on the bread slices. Press firmly together, the trim the sides and arrange neatly on the tray.

CAVIAR SANDWICH

Spread the bread with plain, salted butter. Put caviar on one piece, sprinkle a little lemon juice on it. Cover with the other slice.

CHECKERBOARD SANDWICHES

Cut 3 slices each of whole-wheat and white bread ½ inch thick; remove crusts. Spread a slice of white bread with creamed butter or softened cream cheese and place a slice of whole-wheat bread on it. Spread with creamed mixture, cover with a slice of white bread, making whole-wheat bread the middle layer. Repeat this process, beginning with a slice of white bread in the middle layer this time.

Trim each pile evenly and cut in 3 or 4 strips. Spread these strips with creamed butter and arrange them in such a way that a white block will be between two "checkered" loaves.

Wrap each loaf in wax paper and place in the refrigerator. When ready to serve, slice about ¼ inch thick.

Note: If desired, these loaves may be wrapped in lengthwise slices of bread, cut very thin and well-buttered.

CHEESE AND BROILED HAM SANDWICH

Toast two slices of bread and cover each with thin, sliced cheese. Place under the broiler until the cheese begins to melt. Place a slice of broiled ham on top of one half, then put the two halves together and serve immediately.

Cheese spreads may be varied by using any of the following combinations:

> Cheese and Fried Bacon, Cheese and Marmalade, Cheese and Pineapple, Cheese and Pimiento or Cheese and Pickles. Mayonnaise may be used to bind the materials, and fresh lettuce, olives or parsley for garnish.

CONED SANDWICH

Trim each slice of bread cut crosswise. Roll each slice slightly with rolling pin. Cut into squares. Spread butter, then mayonnaise. Arrange strips of pickles, ham, cheese and pimiento. Fold in the form of a cone.

CLUB SANDWICHES

These are made of three slices of bread which may be plain, buttered, or spread with a creamed butter. Serve hot or cold. They may be cut into halves, diagonally, in thirds, or quarters.

Cover the first slice of bread with the following filling: ham sliced very fine, sweet pickles cut very fine on lettuce.

Top with a second slice of bread with this filling: fine slices of cooked chicken with mayonnaise dressing on a bed of tomatoes.

Place a third slice of bread. Gently press together with the tips of the fingers and the sandwich knife. Spread with cheese sliced very fine and butter filling.

Cut as indicated above. When cut in thirds or quarters, they may be held together with toothpicks. On top garnish with black or stuffed olives. Serve on hot plates.

CRAB MEAT SANDWICH

2 cups crab meat	Salt
2 tablespoons green pepper, chopped	Pepper
	Cheese sauce

Combine crab meat, cooked and flaked, with chopped green pepper; add seasonings and moisten with cheese sauce.

DENVER SANDWICH

Blend ½ kilo of chopped (not ground) cooked ham with 2 well-beaten eggs, 1 teaspoon of onion juice and a dash of pepper. Heat a tablespoon of bacon fat in a frying pan, turning the mixture into the pan and cook over a low flame for 5 minutes, stirring occasionally. Spread on slices of buttered toast, and serve immediately.

EGG SANDWICH

- 3 hard-boiled eggs
- 2 loaves of bread
- 1 small bottle sandwich spread
- 1 teaspoon salt

Chop the eggs with 1 teaspoon of salt. Mix with the sandwich spread. Blend well. Add about 1 tablespoon sugar. Butter the bread then spread the mixture evenly. Remove the crust and then cut into rectangular or triangular form.

FIG AND DATE SANDWICH

Combine ½ cup of dates and ½ cup of figs both passed through the food chopper. Add water to barely cover and cook, stirring constantly until smooth. Add 1 tablespoon of lemon juice. Cool, and spread on Graham, brown or nut bread.

FISH CAKE SANDWICH

Place one or two thin, freshly cooked fish cakes between two slices of bread. Add a black olive.

GOLDEN JUBILEE SANDWICH

- Colored sandwich bread, thinly sliced lengthwise (pale pink and yellow)
- Butter
- Strips of pimiento, cheese, ham and sweet gherkins
- Mayonnaise

Spread butter, then mayonnaise, on the pink slice of bread. Arrange strips of pimiento, cheese, ham and sweet gherkins alternately. Put over it the yellow slice of buttered bread. Roll tightly as for jelly roll. Wrap in cut-rite paper and freeze to harden, then cut into slices.

GUAVA JELLY SANDWICH

- ¼ cup guava jelly
- ¼ cup cashew nuts
- 1 cup cream cheese

Chop cashew nuts fine. Mix with cream cheese. Spread jelly on bread and then the nuts and cheese. Cut in fancy shapes.

HAM SANDWICH

Butter the bread with mustard butter, and place a thin slice of ham between the two slices of bread.

HAM AND RAW VEGETABLE SANDWICH

To ½ cup of grated mixed raw vegetables (carrots, onion, green pepper, celery, etc.), add ½ cup of ground ham and moisten with mayonnaise, then season with salt and pepper.

JARDINIERE SANDWICH

Remove crusts from bread; cut loaf lengthwise in slices 1½ inches thick. With a round cooky cutter 1½ inches in diameter, cut each slice into cylinder. Hollow out each cylinder; fill with a mixture of cream cheese and crushed pineapple, chopped maraschino cherries, chopped nuts, chopped chives or any savory mixture. Top with a sprig of parsley, water cress or mint.

OPEN SANDWICH

Spread small rounds of bread with creamed butter, then with filling, and decorate with nut meat, bit of cherry, and a slice of stuffed olive.

PINWHEEL SANDWICH

Remove all crust, except the bottom, from a fresh fine-textured loaf of bread. This remains on the loaf to give firmness while cutting. Heat a very sharp knife and cut bread lengthwise in slices ⅛ to ¼ inch thick, using a sawing motion. Spread with a smooth, soft sandwich filling.

At one end lay small sweet pickles or a few stuffed olives. Beginning at this end, roll bread as for jelly roll. Spread a little soft butter on the last lap of bread to make it stick, which it will do when chilled. For variety, in place of pickles or olives lay alternating strips of green pepper and pimiento crosswise, 1 inch apart, over entire slice of bread.

Wrap each roll in wax paper and place in a refrigerator. When ready to serve, slice about ¼ inch thick.

RIBBON SANDWICH

Remove the crust from each slice of bread. Spread butter, then mayonnaise. Arrange strips of ham, cheese, pimiento and dill pickles. Put another slice of bread and proceed with the same arrangement but alternating the colors of each filling, until four slices of bread are used; press a weight, then cut crosswise into 3 slices.

ROLLED SANDWICHES

Spread thin slices of very fresh bread with pimiento or snappy cheese softened with mayonnaise (or other filling such as tinted cream cheese). Roll, fasten with toothpicks and chill. These sandwiches may be brushed with melted butter and toasted.

RADISH SANDWICH

Slice red radishes into little circles. Sprinkle salt over them. Spread the bread with nut butter. Cover with radishes.

ROQUEFORT CHEESE SANDWICH

Combine ½ cup of Roquefort cheese, ½ cup cheese and 1 teaspoon of Worcestershire sauce. Season highly with pepper, lightly with salt. Any preferred bread may be used.

SHRIMP SANDWICH

Spread the bread with butter. Chop the shrimps, and put on the bread. The bread should be in small rectangles. (The shrimp may be replaced by crab meat.)

SURPRISE LOAF SANDWICH

1 cup milk
1 cup water
2 teaspoons salt
2 tablespoons sugar
½ cup butter

4 eggs
1 yeast cake
1 rind of lemon, grated
6 to 7 cups flour

Prepare and knead as usual, then put into floured loaf pans, let rise an bake. Cool and take out the soft crumbs of the whole bread, leaving the crust.

Filling: 1 tin Oxford sausage, ¼ kilo cooked ham, ¼ kilo chopped tongu ¼ kilo Bologna, ¼ kilo Salami, ¼ kilo sweet pickles, 4 hard-boiled eggs, 1 ca Spanish pimiento, 4 cups butter.

Dice all the sausages and the ingredients, season with salt and pepper if needed. Cream the butter and mix all together, then add the crumbs, and fi the whole mixture into the hollowed loaf. Fill very solidly. Press and put in the ice-box to make firm.

SANDWICH A LA ASIATIC

Mix:

1 cup milk
1 cup lukewarm water

2 tablespoons yeast
1 tablespoon sugar

Add 1 cup flour to No. 1 mixture and let rise. Add to mixture 5 cups flour salt and sugar. Knead lightly and add the butter or lard. Knead again.

Shape into balls and then put the filling, taking care that the filling should be in the center. Let rise for a while, then steam. Sprinkle with water while steaming.

Filling:

Meat of chicken

Pork loin

Cut the chicken meat and loin into fine cubes. Soak in equal parts of soy sauce and vinegar.

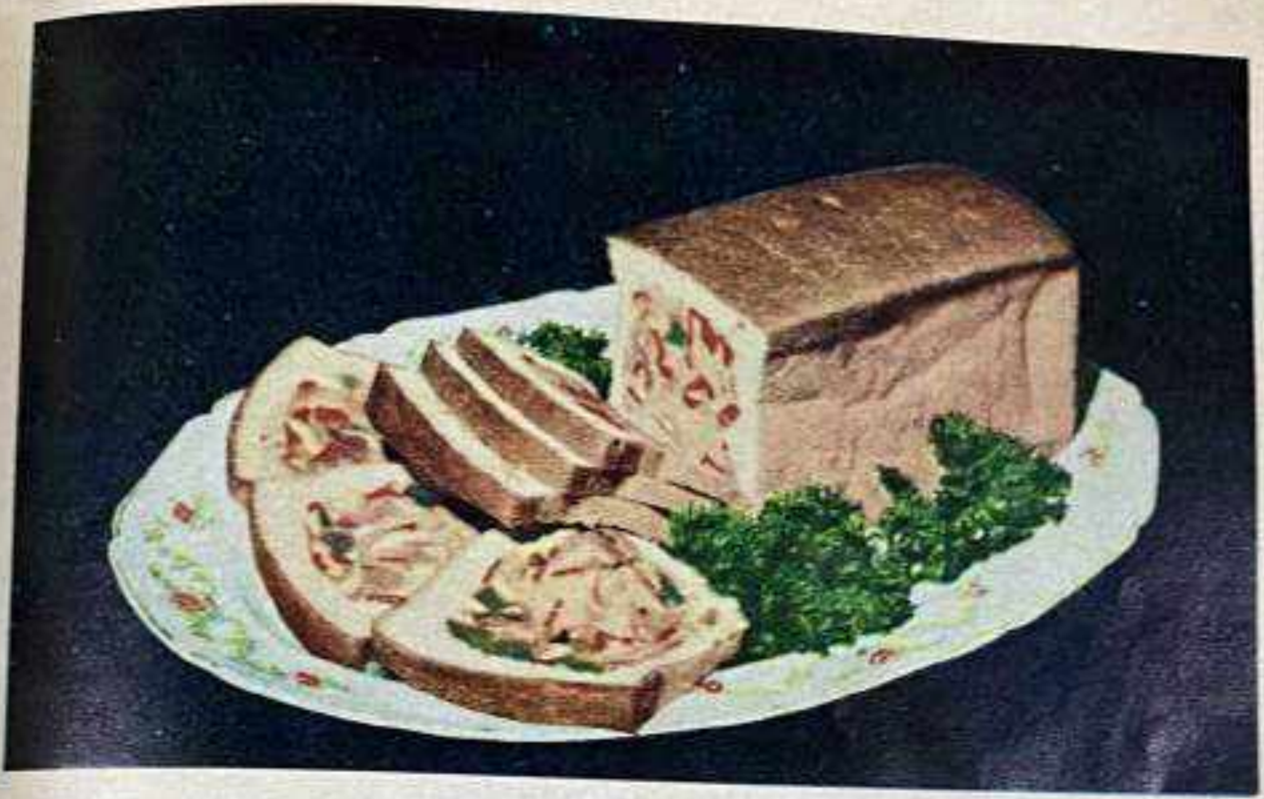
In a frying pan with lard, sauté two cloves garlic, macerated, and sliced onions. Add the chicken and loin mixture. Cook until tender and golden brown. Remove from fire and place in proper container; then add caramelized sugar made of 1 cup sugar and 1/3 cup water.

TOMATO SANDWICH

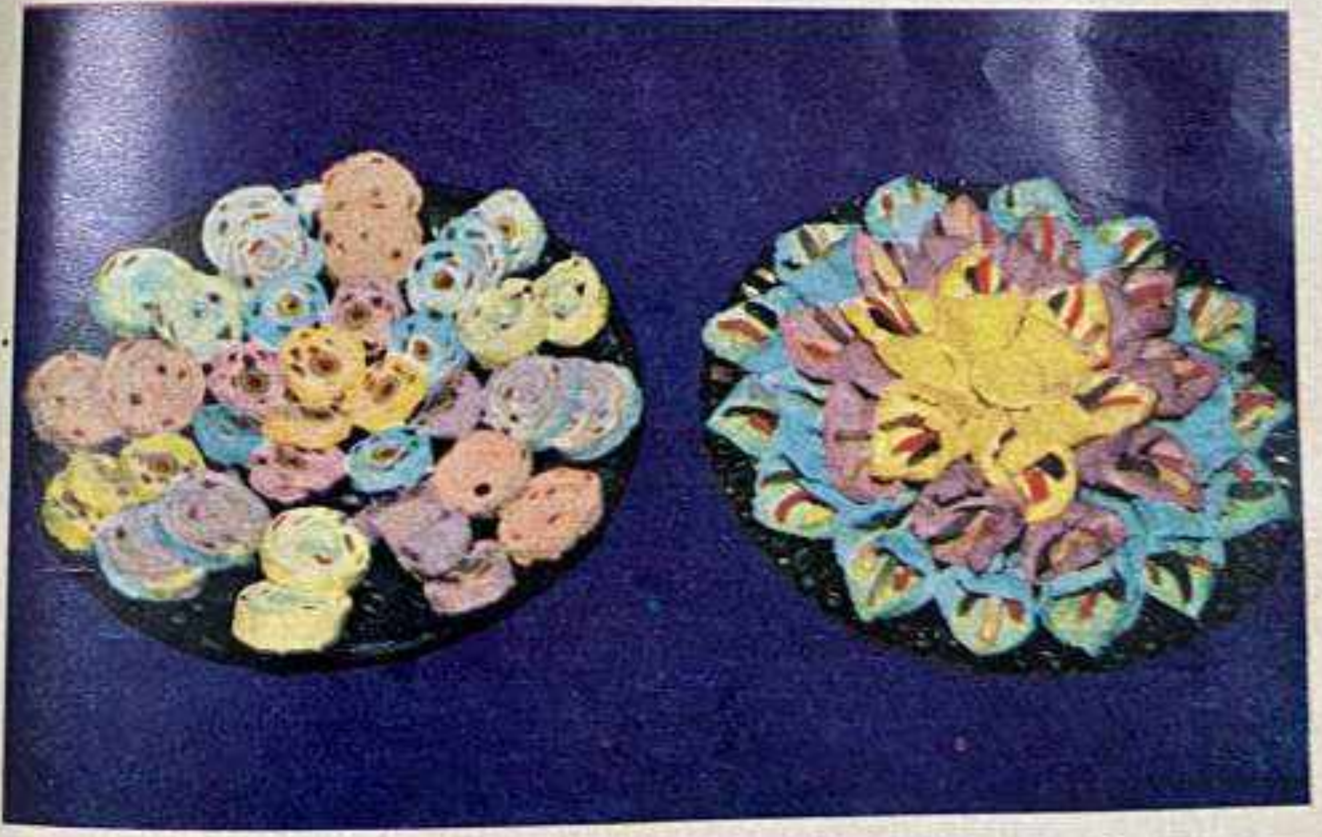
Spread slices of bread with horse-radish butter. Slice the tomatoes, peel and remove the insides. Place on the bread, which should be of a triangular shape. Sliced cheese may be added to vary the color, taste and texture.

WEDDING SANDWICH ROLLS

Wrap closely in a towel wrung out of cold water bread as it is taken from the oven; cover with several thickness of dry cloth and set aside about 4 hours; then cut away the crust, and with a thin, sharp knife cut the loaf or loaves in slices as thin as possible and spread with butter, and if desired, thin shavings of meat potted meat or chopped nut. Roll the slices very closely and pile on a serving dish.



SURPRISE SANDWICH



GOLDEN JUBILEE SANDWICH
CONED SANDWICH

BEVERAGES

APPLE LEMONADE

Wash apples and dice, using everything, including skin and core. Cook with enough water to cover, strain through a cloth and add 1 cup sugar for each cup of juice thus obtained. Dissolve sugar in the juice and cool. Fill glasses half full with this apple syrup, add to each glass the juice of half a lemon and fill up with ice water.

CHRISTMAS EGGNOG

6 eggs
¾ cup rye whisky
1 cup whipped cream
½ cup sugar
⅔ cup rum
Nutmeg

Beat the egg yolks until thick and lemon-colored, then add the whisky and rum, a tablespoon at a time, beating constantly. Beat the egg whites until stiff but not dry; add gradually all but 1 tablespoon of sugar. Combine the two mixtures. Add the remaining sugar to the whipped cream; fold it into the eggnog, reserving 2 tablespoons of cream. Serve in punch glasses, topping it with the remaining whipped cream and dusting each serving with grated nutmeg.

COFFEE-CHOCOLATE MILK SHAKE

Use 1½ cups cold, strong coffee, 3 cups chocolate sauce and 7 cups milk. Top each glass with 1 tablespoon whipped cream, if desired.

NEW YEAR'S EGGNOG

Beat 6 egg whites until stiff but not dry; gradually add ¾ sugar, beating continuously.

Beat 6 egg yolks until thick and lemon-colored; fold in egg whites.

Gradually add 1 pint chilled cream milk, ½ cup rum; stir until well combined.

Gently turn the thick mixture into a well-chilled punch bowl, or serve directly in small cups.

GRAPE JUICE PUNCH

1 cup sugar syrup
1 pint water
1 pint grape juice
Juice of 3 lemons
Juice of 1 orange

Mix ingredients in the order given. Chill and serve.

LEMONADE

½ cup freshly squeezed lemon juice
⅓ cup sugar
16 large ice cubes, crushed

Remove seeds from lemon juice but do not strain. Add sugar and crushed ice and stir until sugar is dissolved and ice is almost melted. Serve at once, as the flavor deteriorates and ascorbic acid escapes. Amount of ice and sugar may be varied to suit personal taste.

KALAMANSI ADE

Use *kalamansi* juice instead of lemon juice and serve with crushed ice.

LEMON PUNCH

1 quart water
½ cup mashed strawberries
½ cup crushed pineapple
Juice of 6 lemons
Juice of 3 oranges

Mix fruit juice, sweeten to taste with syrup, add water and crushed fruit. Garnish with very thin slices of oranges.

LIMEADE

Limeade is made in the same way as lemonade, using limes instead of lemons and a little more sweetening. This is even more refreshing than lemonade in summer.

MILK PUNCH

2 tablespoons sugar
¼ cup charged water
1 cup milk
½ teaspoon vanilla

Mix sugar, vanilla and milk. Stir well and add the water. Pour this mixture from one bowl to another to froth it. Hold the bowl high as you pour the liquid. When it is frothy, pour it into a tumbler and serve.

MILK SHAKE

Fill a glass two-thirds full of ice-cold milk. Sweeten to taste and flavor with 2 tablespoons of fruit juice, strained preserves, melted jelly or chocolate syrup. Fill the glass with finely chopped ice. Shake well. In the absence of a regulation mixer pour from one glass into another. When frothy, sprinkle with cinnamon or nutmeg.

✓ MIXED FRUIT PUNCH

1½ cups water
1⅓ cups sugar
1 quart grape juice
2 quarts chilled water
2 cups tea
1 pint grated pineapple
Juice of 6 lemons
Juice of 6 oranges

Boil water and sugar 10 minutes. Cool and add other ingredients and let stand an hour. Add chilled water and serve with chopped ice.

ORANGE MILK SHAKE

2½ cups orange juice
1½ cups grapefruit juice
1 cup evaporated milk
1 cup water
⅛ teaspoon salt
¼ teaspoon almond extract
¼ cup sugar
1 cup cracked ice

Combine all ingredients and shake until well-mixed.

ORANGEADE

4 oranges
1 lemon
1 to 1½ cups syrup
3 cups water

Follow directions for lemonade.

PINEAPPLE LEMONADE

1 pineapple
1 quart boiling water
1 lemon
1 cup sugar
1 cup tea infusion

Wash the pineapple, pare and take out all the eyes, then slice. Prepare the tender part to serve. Put the core and the grated rind of the lemon in a kettle and pour the boiling water. Cover and simmer for half an hour. Strain through cheese cloth. Add sugar, tea and lemon juice. Serve cold. As some pineapples are much more sour than others, more sugar may be necessary.

PINEAPPLE ORANGEADE

4 oranges
1 pineapple
Sugar or syrup
1 cup water

Add the juicy parts of the shredded pineapple to the orange juice. Pour the water over the fruit and sweeten to taste. Cover and set aside to cool. Strain and serve iced.

APPLE PUNCH

8 large apples
10 cups water
2 cups sugar
Juice of 10 *kalamansi*

Cut the apples into small pieces and boil with the water and the sugar until the apples are very soft. Remove from the fire and strain carefully. Mix the *kalamansi* juice to the strained juice. Stir well. Serve cold with cracked ice.

BIGNAY PUNCH

Select fresh ripe *bignay.* Wash and separate from the branches. Boil 10 cups water and drop the *bignay.* Prepare cheese cloth bag. When *bignay* is soft, strain without squeezing. When all are drained, add sugar and *kalamansi* to flavor. Serve with ice.

KAMYAS PUNCH

20 *kamyas*
20 *kalamansi*
Sugar

Cut the *kamyas* in any desired way. Put in a saucepan and cover with enough water. Let boil until soft. Strain carefully, then add the *kalamansi* juice and sugar according to taste. Mix well and serve cold.

K-O-P PUNCH

½ cup *kalamansi* juice
2½ cups medium syrup
2 cups pineapple juice
¾ cup orange juice

Mix together the *kalamansi* juice and syrup, then add the pineapple and orange juice. Serve cold.

DATILES PUNCH

1 cup ripe *datiles*
3 cups water
¼ cup *kalamansi* juice
Sugar

Boil the *datiles* with water until soft. Remove from fire, mash and then strain. Add the *kalamansi* to the strained juice and add sugar according to taste. Serve with cracked ice.

DUHAT COOLER

Put ½ cup chilled *duhat* juice, ½ tablespoon sugar, pinch of salt, 1 large scoop vanilla ice cream into a mixing bowl and heat until ice cream is half-melted. Serve at once.

GUAVA PUNCH

20 guavas
10 *kalamansi*
Sugar

Wash the guavas, then cut in small pieces. Put in a kettle (enamel or stainless) and put enough water to cover, then boil. When well-boiled, strain carefully. Then add the *kalamansi* juice and sugar according to taste. Chill and serve cold.

GUAYABANO PUNCH

1 fully ripe *guayabano*
1 cup sugar
Juice of 1 or 2 *kalamansi*
12 cups water

Wash the *guayabano* and divide. Scoop out the pulp and mash in 4 cups water. Strain carefully and add thin syrup made of the remaining water and sugar. Add the *kalamansi* juice. Mix well. Serve cold.

HOT FRUIT PUNCH

1 cup sugar
2 cups water
3 cups pineapple juice
½ cup crushed pineapple
1½ cups orange juice

Combine sugar, water, pineapple juice, crushed pineapple and orange juice and heat just long enough to make it steaming hot. Serve immediately in tall jugs or glasses.

LEMON OR KALAMANSI STOCK SYRUP

1½ cups sugar
4 cups water
1½ cups lemon or *kalamansi* juice

Combine sugar and water in a saucepan and bring to boil briskly for 5 minutes. Cool. Add unstrained juice (seeds removed), stir thoroughly and pour into a clean glass jar. Cover the jar and store in a refrigerator.

To prepare a drink with this syrup, use ½ cup of the syrup for each 8-ounce glass of lemonade, filling up with crushed ice.

PAPAYA ADE

1 cup mashed papaya
3 cups water
4 tablespoons *kalamansi* juice
½ cup sugar

Pass pulp of ripe papaya through a strainer. Add water, *kalamansi* juice and sugar. Stir the mixture well. Chill and serve.

PAPAYA-MELON-KALAMANSI ADE

1 slice papaya
1 medium-sized melon
2 medium-sized *kalamansi*
2 tablespoons granulated sugar
1 cup water

Sieve papaya pulp and melon pulp. Add *kalamansi* juice, water and sugar to taste. Serve cold.

PINEAPPLE PUNCH

- 1½ ounces rum
- 2 ounces pineapple juice
- 1 teaspoon lime juice
- ½ teaspoon sugar

Blend with crushed ice in electric mixer and pour into pineapple juice.

"SALABAT"

- 1 piece *panocha*
- 1 big piece ginger
- 6 cups water

Wash the ginger well, then crush. Boil it with water in a saucepan. Add the *panocha*, when melted, remove from the fire and strain. Serve cold. (This should have the hot flavor characteristic of the ginger.)

SANTOL PUNCH

- 12 *santol*
- 12 *kalamansí*
- 3 cups sugar
- 10 cups water

Blanch the *santol*. Pare and cut into four or six pieces. Boil in an enamel or stainless saucepan with the water until soft. Strain and let cool for a while, then add the *kalamansí* juice and the sugar. Stir very well to dissolve the sugar. Chill and serve cold. If desired, brandy may be added.

STRAWBERRY PUNCH

- 2 baskets of strawberries
- 6 cups water
- 2 cups sugar
- Juice of 6 *kalamansí*

Wash the berries and let stand overnight with the sugar. On the following day crush and boil them together with the water. Strain and stir in the *kalamansí* juice. Serve with ice.

SUGAR CANE DELIGHT

- 1 liter sugar cane juice
- 3 tablespoons lemon juice

Mix thoroughly the 2 ingredients. Chill and serve garnished with slices of lemon.

TAMARIND JUICE

- 2 cups tamarind, shelled and pressed
- 6 cups water

Soak the tamarind pulp in water overnight. For every cup of strained tamarind juice, add 1¼ cups sugar to make tamarind syrup. (Use cheese cloth for a strainer.)

Add 10 tablespoons tamarind syrup to ¾ cup water and add ¼ teaspoon *kalamansí* juice and ½ cup caramelized sugar to make 1 glass of tamarind juice.

(The amount of sugar depends upon the acidity of the tamarind.)

TEA PUNCH

- 1 cup sugar
- 1 cup strong tea
- 3 cups pineapple juice
- 1 cup water
- 3 cups orange juice
- 1 bottle soda water

Make a syrup with the water and sugar, then mix with the other ingredients. More water may be added if desired, and also sugar according to taste. Chill. Add the soda water just before serving.

DESSERTS

CREAM

ALMOND SWISS CREAM

1 tablespoon gelatin
½ cup boiling water
2 cups heavy cream, whipped
12 candied or maraschino cherries
2 cups blanched almonds
1 cup sugar
½ teaspoon vanilla
12 marshmallows
6 coconut macaroons
¼ cup cold water

Soften the gelatin in cold water for about 10 minutes, then add the boiling water and sugar, stirring until the sugar and the gelatin are both dissolved. Cool, and when the mixture is beginning to set, fold in the whipped cream and vanilla, then add the almonds, marshmallows and cherries cut into thin strips and the macaroons crumbled with the fingers. Turn into 1 large mold or 8 individual ones. Chill until firm and unmold for serving.

AVOCADO-FIG MOLD

1 package lime or lemon gelatin
1 ripe avocado
1 cup canned figs
2 cups boiling water
1 grapefruit
Olive or other vegetable oil

Stir gelatin into boiling water until dissolved and let cool. After peeling slice avocado and grapefruit into small chunks. Coat a mold lightly with oil. Place one-third of fruit in pattern at the bottom of mold. Securing the pattern with sufficient gelatin, chill until firm. Arrange remaining fruits in 2 or 3 layers covering each layer with gelatin mixture and allowing to set. Add remaining gelatin and chill until set. For salads, slice and serve over lettuce with mayonnaise, French dressing, sour cream or any cream dressing.

AVOCADO CREME

1½ ripe large avocados
¾ cup honey
½ cup lime juice
¼ teaspoon salt
¼ teaspoon celery salt

Peel and remove seed from avocados; force pulp through sieve; add remaining ingredients and blend well. Pour into freezing tray of refrigerator with temperature control set at coldest point. Freeze for 2 to 4 hours, or until firm, stirring once during freezing. Serve in sherbet glasses with lamb, turkey or game; or serve as dessert.

CARAMEL CHARLOTTE RUSSE

1 cup evaporated milk
½ cup sugar
½ teaspoon vanilla
1½ teaspoons gelatin
¼ cup boiling water
2 tablespoons cold water
Dash of salt

Chill milk thoroughly. Soften gelatin in cold water and set over hot water to dissolve. Caramelize the sugar, add the boiling water slowly and cook until caramel is dissolved. Add salt. Cool slightly and add dissolved gelatin. When the gelatin mixture begins to thicken, fold in the stiffly whipped milk and vanilla. Pour into a mold. (To make a more elaborate dessert, add 1 cup blanched sl monds to the mixture and line the mold with lady fingers.)

COFFEE MOUSSE

½ tablespoon granulated gelatin
1 cup very strong black coffee
¼ teaspoon salt
1 egg white, beaten
3 tablespoons good brandy
2 tablespoons cold water
1 teaspoon vanilla extract
4 egg yolks
1 cup granulated sugar
2 cups heavy cream, whipped stiff

Soak the gelatin in cold water. Stir in very hot coffee to which has been added the sugar, and which has been boiled for 5 minutes or to a syrup consistency. Pour over slightly beaten egg yolks and stir briskly and constantly from bottom of saucepan to prevent curdling. Strain through double cheesecloth. Cool. Add vanilla and brandy, then fold in the stiffly beaten heavy cream with salt. Pour into mold or individual paper cups. If desired, and when using a large mold, you may pack in hand freezer pail, using equal parts of ice and rock salt and allow to stand 2½ to 3 hours. If using refrigerator tray, freeze; if paper cases, freeze for 2½ hours; if large mold, freeze for 4 hours.

SPANISH CREAM

1 tablespoon gelatin
½ cup sugar
⅓ teaspoon salt
3 cups milk
3 eggs
1 teaspoon vanilla

Soften the gelatin in 1 cup of the cold milk. Scald the remaining milk, add the softened gelatin and the sugar, and stir until both are dissolved. Pour slowly over the beaten egg yolks and cook, stirring constantly, until thick. Remove from fire, cool a little and add the vanilla. When partly cold but not set, fold in gently the stiffly beaten egg whites. Turn into one large or several individual previously wet molds and chill.

Made in this manner the mixture will separate and form a jelly at the bottom with custard on the top. If this separation is not desired, allow the custard to cool thoroughly before folding in the egg whites. Unmold and serve with whipped cream or any preferred fruit.

STRAWBERRY BAVARIAN CREAM

1 tablespoon gelatin
1 cup crushed strawberries
¾ cup powdered sugar
2 tablespoons cold water
1 cup heavy cream, whipped
6 whole strawberries
Lady fingers

Place gelatin in cold water and soften briefly before dissolving it over hot water. Stir while melting to avoid scorching. Combine with strawberries, mix and chill. Do not freeze. Whip cream until it thickens, add sugar and fold into the chilled mixture. Chill again. Pour gelatin into parfait glasses; decorate with lady fingers and top with a large, whole berry.

COFFEE PARFAIT

1 cup extract strong coffee
¼ teaspoon salt
1 tablespoon gelatin
2 cups heavy cream, whipped stiff
1 cup sugar
3 egg yolks, slightly beaten
¼ cup cold water
½ teaspoon vanilla

Make a custard with the coffee, sugar, salt and egg yolks. Strain while still hot, then add the gelatin which has been softened in cold water and stir until this is dissolved. Chill, then fold in the whipped cream and vanilla and freeze in refrigerator.

CUSTARD

APPLE SAUCE CUSTARD

Divide 2 cups of apple sauce among 6 custard cups or glasses, and chill. Add ¾ teaspoon of gelatin softened in 1 tablespoon of cold water to 1 cup of boiled custard as soon as it comes from the fire. Stir thoroughly until the gelatin is dissolved; cool and when beginning to set, pour over the apple sauce. Chill and serve topped with whipped cream flavored with vanilla.

BAKED CUSTARD

3 eggs
1 teaspoon vanilla
Dash of salt
2 tablespoons sugar
2 cups milk, scalded

Beat the eggs with the sugar and salt, then add the milk slowly, stirring constantly and mixing until the sugar is completely dissolved. Add the vanilla and turn the custard into slightly buttered custard cups or one larger baking dish. Place in a pan of warm water and bake in a moderate oven 25 to 30 minutes. If baked in one dish, allow a little longer baking period. Test by running a knife blade into the custard; if it comes out perfectly clean, not milky, the custard is done. Never allow the water in the surrounding pan to boil as this would make a honeycombed custard.

If the baked custard is to be served in the cup, and it is necessary that the top be browned, beat the eggs very well, instead of just slightly. This forms a foam that rises to the surface of the mold after the custard is poured in, and this foam browns beautifully during baking. This applies also to custard pie, as a pale-faced pie is not tempting nor appetizing. But when the eggs are well-beaten, the custard, while just as creamy and smooth to the taste, is likely to contain air cells and not quite as finely grained as a custard made from eggs beaten just enough to mix the whites and the yolks.

BOILED SOFT CUSTARD

2 eggs, slightly beaten
½ teaspoon vanilla
Dash of salt
1 tablespoon sugar
1 cup milk, scalded

Combine the eggs, sugar and salt in a bowl. Add the scalded milk slowly, beating and stirring constantly. Return to the upper part of the double boiler and cook over water which should never reach the boiling point, stirring constantly until the custard thickens and shows faint traces in the wake of the spoon and coats the spoon itself. Cool slightly and add the vanilla.

When egg yolks alone are used in making a custard, remember that the thickening will be more rapid than with whole eggs. It is necessary, therefore, to watch the custard constantly.

Any desired flavoring may be used in a custard. It may be extract, freshly grated fruit rind, or a sprinkling of spice such as cinnamon or nutmeg.

CRUSTED BAKED CUSTARD

Add ½ cup finely chopped nuts to the custard mixture before placing in the oven. Bake as directed.

FROZEN STRAWBERRY CUSTARD

1 cup fresh ripe strawberries
¼ cup water
2 egg whites, stiffly beaten
¾ cup sugar
1 cup heavy cream
¼ teaspoon vanilla
Dash of salt

Wash, hull, and drain the berries, then crush. Boil the sugar, water and salt until mixture spins a fine thread. Pour this syrup slowly, in a steady stream, over the stiffly beaten egg white, beating constantly until the mixture stands in peaks. Fold in the vanilla-flavored whipped cream and the crushed berries. Turn into a refrigerator tray and freeze. Cut into small squares for serving.

If preferred, the fluff may be frozen in small paper cups. Set in a refrigerator tray to freeze. Garnish, if desired, with large, whole, fresh berries and a green leaf.

FROZEN VANILLA CUSTARD

1 egg, separated
½ teaspoon vanilla extract
¼ cup sugar
1 small can evaporated milk

Beat the egg yolk. Add the sugar and vanilla. Beat until the sugar is dissolved. Beat egg white stiff and fold into yolk mixture. Whip milk until stiff. Fold in egg mixture lightly. Pour at once into cold freezing tray.

ILE FLOTANTE

½ cup almonds, toasted and
chopped
4 egg whites
¾ cup sugar
1 teaspoon vanilla

Beat the whites until they reach a firm snow point; add sugar, vanilla and the chopped almonds. Turn into a well-buttered carameled mold. Place in moderate oven for 25 to 30 minutes, using the steam bath. Let cool and turn into a dish.

CREME ANGLAISE

3 egg yolks
2 cups milk
½ cup sugar
Vanilla

Mix together in a saucepan 3 egg yolks and ½ cup sugar. Flavor with vanilla. Beat for a few minutes and add 2 cups milk. Place over a low fire and stir constantly until thick, then remove from fire and let cool. Place on a dessert dish and on top place the Ile Flotante.

ORANGE CUSTARD

¾ cup sugar
3 tablespoons cornstarch
2 cups milk
Dash of salt
2 eggs
½ teaspoon almond extract
3 oranges

Combine ½ cup of the sugar with the cornstarch and salt. Blend thoroughly, add the milk, then cook in the upper part of the double boiler for 20 minutes, stirring constantly until the mixture thickens. Add the beaten egg yolks and cook 1 minute longer, then remove from the fire and add the almond extract. Halve the oranges crosswise and carefully remove the pulp, discarding all white connecting fibers. Place in a shallow baking dish and bake. Pour the custard over all and top with a meringue made by beating the egg whites until stiff with the remaining sugar. Bake in a moderate oven until the meringue is set and delicately colored.

PUDDING

FROZEN PINEAPPLE-NUT PUDDING

4 tablespooons blanched chopped almonds
½ cup halved candied cherries
½ cup sherry
2 cups heavy cream
4 tablespoons chopped pecans
½ cup drained shredded pineapple
2 cups boiled custard

Mix the nuts, cherries, and pineapple in a bowl and pour over the sherry. Le stand over night. Make the custard and chill it. Whip the cream. Freeze in refrigerator tray without stirring. Serve with the following sauce:

2 egg yolks
1 tablespoon brandy
½ cup milk
2 tablespoons powdered sugar
½ cup heavy cream

Beat the yolks with the sugar and milk and cook over hot water until the egg thickens slightly. Remove from the heat and beat until it is cold. Add the brandy. Just before serving, add the cream which has been whipped to a stiff froth.

BANANA SNOW PUDDING

1 tablespoon gelatin
1 cup hot water
3 egg whites
¼ cup cold water
¼ cup lemon juice
3 bananas
¾ cup sugar

Soak gelatin for 5 minutes in cold water to soften it, add hot water and beat to dissolve it. Stir in the sugar and lemon juice, then cool or chill until thick. Beat thoroughly. Whip egg whites stiff and fold in. Slice the bananas and distribute at the bottom and sides of pre-chilled mold. Chill in refrigerator until firm. Unmold with a quick dip in hot water.

LADY FINGER DELICIOUS

3 tablespoons butter
2 dozen lady fingers
2 cups milk
10 eggs
10 tablespoons sugar
4 tablespoons cornstarch
1 can of mango preserve
Rind of 1 lemon

Beat the egg yolks and mix with the milk, sugar, cornstarch and butter. Cook in a double boiler. When cooked, add lemon rind.

In a pyrex container, place a layer of the cooked custard, a layer of lady fingers, then a layer of mango preserve or any fruit, cut into fine slices. Repeat arrangement of layers until the container is filled. Let it stand for an hour. Then cover with meringue made as follows:

Beat the egg whites until stiff, then add sugar. Put in oven until meringue is brown.

GATEAU DE RIZ AU CARAMEL

1 cup rice
⅓ cup butter
½ liter milk
¾ cup sugar
2 egg yolks
Vanilla

Boil the rice in water for 3 minutes. Drain and mix with the milk and vanilla. Cover and cook in warm oven for ½ hour without stirring, until almost dry. Cream the butter with the egg yolks and sugar, then add the cooked rice. When all these have been mixed, place in caramelized timbale mold and return to oven for 20 minutes in *Baño María*. Do not allow the water to boil. Serve with caramel syrup around it.

Caramel Syrup:
½ cup sugar
½ cup boiling water

OLD-FASHIONED BREAD PUDDING

1 large can evaporated milk
2 eggs
½ teaspoon salt
1 teaspoon vanilla
½ cup raisins
1⅔ cups water
⅓ cup brown sugar
⅛ teaspoon grated nutmeg
3 slices bread, buttered and cubed

Combine and scald the milk and water. Beat the eggs until light, add the sugar, salt, nutmeg and vanilla, then combine with the first mixture. Place half of the bread at the bottom of a casserole, sprinkle with half the raisins, add the remaining bread and raisins and pour the custard over all. Set in a pan of water and bake in a moderate oven until the custard is firm and a knife inserted in the center comes out clean.

STRAWBERRY PUDDING

¼ cup butter or shortening
1 egg
1¾ teaspoons baking powder
1 cup sugar
1¾ cups sifted flour
½ cup milk
Crushed sweetened strawberries
Light or whipped cream

Cream the butter, gradually adding the sugar. Add the egg, and, when well-blended, add the sifted dry ingredients alternately with the milk. Turn into a buttered and floured shallow pan and bake in a moderate oven for about 30 minutes. Cut into squares and top with crushed sweetened strawberries and cream or with a hot strawberry sauce.

SWEET POTATO PUDDING

1½ cups grated, raw, sweet potato
¼ cup sugar
⅛ teaspoon allspice
Grated rind of ½ orange
1½ cups cold water
¼ teaspoon cinnamon
3 tablespoons melted butter or margarine

Combine the potato with the water, sugar, salt, and spices. Stir in the melted butter and orange rind. Turn into a greased casserole and bake in a moderate oven for 30 minutes, keeping the dish covered. Then uncover the dish and bake for another 30 minutes, or until a knife inserted in the center comes out clean.

STRAWBERRY EPICURE

6 eggs
8 cups strawberries (with stems attached)
3 tablespoons wine
1 cup confectioner's sugar
½ jigger *creme de menthe*

Beat the egg whites until very stiff, gradually adding the sugar. In another bowl beat the egg yolks until creamy, then fold into the egg whites. Add the wine and *creme de menthe*, and chill thoroughly. Rinse and dry the strawberries without removing the stems and chill. Serve the berries and sauce separately in deep dessert dishes, dipping the berries into the sauce and holding them by the stems.

ICE CREAM

ALMOND ICE CREAM

1 quart vanilla ice cream
2 cups blanched almonds
2 drops almond oil
¼ teaspoon almond extract

When the vanilla ice cream is beginning to stiffen, add the blanched, coarsely ground or finely chopped almonds, almond oil, or almond extract. Then complete freezing.

AVOCADO ICE CREAM

3 ripe avocados, chilled
¼ cup lemon juice
¼ teaspoon salt
1 cup cream
⅛ cup boiling water
1 cup sugar
1 cup milk
1 teaspoon gelatin
¾ cup dry sherry
Nuts

Peel and remove pits from avocados, crush through sieve to a fine consistency. Add sherry, lemon juice, sugar and salt, stirring briskly. When sugar is dissolved, add milk and cream. Dissolve gelatin in boiling water and stir thoroughly into avocado mixture. Freeze with nuts if desired.

ATIS ICE CREAM

8 *atis*
2 cups milk
1 cup sugar

Remove the meat of the *atis* from the seeds. Scald the milk, then mix with *atis* meat, add the sugar and freeze.

BANANA ICE CREAM

1 recipe vanilla ice cream
4 ripe bananas
1 tablespoon lemon juice
Dash of salt

Make 1 quart of vanilla ice cream. Skin, scrape and sieve the bananas and blend with lemon juice and salt. When the ice cream is beginning to stiffen, stir in the banana mixture and continue freezing.

BASIC ICE CREAM

4 cups light cream
1 teaspoon salt
1 cup granulated sugar
1½ teaspoons flavoring extract
Rock salt

Mix the ingredients thoroughly and freeze in a hand freezer, using 3 parts of ice to 1 part of rock salt until stiff. Pack in 4 parts of ice and 1 part of rock salt, or freeze, beating the partially frozen mixture at least twice during the freezing process.

CARAMEL ICE CREAM

2 cups scalded milk
⅛ teaspoon salt
1 cup heavy cream
4 egg yolks, slightly beaten
¼ cup granulated sugar
1½ teaspoons vanilla extract
¼ cup granulated sugar,
caramelized
Rock salt

Mix salt, egg yolks and ¼ cup uncaramelized granulated sugar. To the scalded milk, add the caramelized sugar and stir until thoroughly blended. Pour milk mixture over beaten egg yolk mixture, slowly and gradually beating well. Stirring constantly, cook mixture over boiling water until it coats the spoon. Cool, strain, add fresh heavy cream and vanilla, and freeze in hand freezer, using 3 parts ice, and 1 part rock salt. When firm, pack or mold, using 4 parts ice and 1 part rock salt to complete freezing.

CHOCOLATE ICE CREAM

1¼ cups sugar
¼ teaspoon salt
2 squares unsweetened chocolate
2 cups heavy cream
2 eggs
2 cups milk
1 tablespoon vanilla

Combine the sugar, flour and salt, then beat and add the eggs and blend until perfectly smooth. Melt the chocolate in the upper part of a double boiler, add the milk and bring to scalding point, stirring to blend thoroughly. Pour slowly over the egg mixture, stirring while pouring, then return to the double boiler and cook over hot water until thick. Cool, strain and combine with the heavy unwhipped cream. Add the vanilla and freeze in hand freezer, using 3 parts ice to 1 part salt. Pack or mold using 4 parts ice and 1 part salt.

CHICO ICE CREAM

2 cups *chico*
2 cups milk
1 cup sugar

Separate the seeds from *chico* fruits, crush the flesh, then add the milk and sugar, then freeze.

Substitute *Chico* with *Guayabano* or Mango as desired.

FRESH COCONUT ICE CREAM

3 young coconuts (grated)
2 cups hot water
2 cups milk
2 teacups sugar
1 tablespoon vanilla

Grate the young coconuts and pour boiling water over the meat, then strain, add sugar and freeze.

GLACE AU CHOCOLATE

1 cup sugar
6 egg yolks
1 cup milk
½ teaspoon vanilla
2 squares chocolate
⅓ cup powdered cocoa

Prepare a vanilla ice cream without flavoring as follows: Beat the egg yolks lightly with the sugar and pour the boiling milk over them. Stir and return to moderate fire until thick, stirring continuously. Remove from fire and let cool.

Prepare 1/3 cup caramelized sugar and 1 cup water to dissolve the caramel. When the syrup is ready, combine the two mixtures and freeze.

NANKA ICE CREAM

1 cup *nanka* meat
2 cups milk
1 cup sugar

Cut *nanka* meat into small pieces. Mix with milk and sugar, then freeze.

MAKAPUNO ICE CREAM

1 cup *makapuno* meat
2 cups milk
1 cup sugar

Mix all ingredients and freeze.

MANTECADO ICE CREAM

4 cups milk
6 beaten egg yolks
1¾ cups sugar

Cook over slow fire until mixture thickens, stirring constantly. Cool and add 1½ teaspoons vanilla. Freeze.

PEANUT-CARAMEL ICE CREAM

1 cup granulated sugar, caramelized
1 cup scalded milk
1 teaspoon vanilla extract
¼ cup ground roasted peanuts
1 cup hot water
¼ teaspoon salt
1 cup chilled milk
3 whole eggs, well-beaten

Caramelize granulated sugar in the usual way, stirring constantly over low flame. Add boiling water slowly, while stirring constantly, until caramelized sugar is thoroughly dissolved. Set aside in a warm place. Combine scalded milk, well-beaten eggs, and salt on top of a double boiler. Pour caramelized mixture into egg mixture over hot water stirring constantly, until mixture coats the spoon. Remove from hot water and add vanilla extract combined with chilled milk and roasted ground peanuts. Freeze, serve in chilled sherbet glasses. Use almonds if desired.

PINEAPPLE-MILK ICE CREAM

1½ cups pineapple juice (canned)
⅛ teaspoon salt
½ cup thin cream or evaporated milk
½ cup granulated sugar
2 egg whites, beaten stiff
3 tablespoons lemon juice

Combine the pineapple juice, sugar and salt and boil for 5 minutes. Pour the hot syrup over the stiffly beaten egg white, stirring briskly and constantly. Chill. Mix the chilled thin cream or undiluted evaporated milk. Stir the lemon juice into the chilled pineapple mixture. Freeze either in hand freezer or in the refrigerator tray as indicated in the preparation of Hawaiian sherbet, without stirring for hours, until it becomes solid. Serve in chilled sherbet glasses.

PINEAPPLE-WALNUT ICE CREAM

1 cup pineapple syrup
1 cup heavy cream
¼ teaspoon salt
3 eggs
1 teaspoon vanilla extract
½ cup chopped skinned walnuts

Place the pineapple syrup in the upper part of a double boiler and heat, but do not boil, over hot water. Separate the eggs, beating the whites until stiff and the yolks until light. Then, stir in the egg yolks until well-blended. Cook, stirring constantly, over hot water, until mixture thickens. Remove from water and add vanilla extract. Chill. When cold, fold in the stiffly beaten egg whites alternately with the heavy cream which had been beaten to a custard-like consistency. Freeze. Then beat until smooth, adding at the same time the chopped skinned walnut meats. Return to freezer and freeze for 3 hours.

STRAWBERRY ICE CREAM

2 cups fresh, ripe strawberries
1 cup milk
1 cup sugar

Crush strawberries and combine with milk and sugar, then freeze.

UBI ICE CREAM

4 cups milk
2 cups sugar
2 cups boiled *ubi*, mashed
and strained

Boil the *ubi*. When cooked, cut into pieces and mash. When fine, combine with the milk and sugar and freeze.

TUTTI-FRUTTI ICE CREAM

1 cup ripe mangoes,
cut in cubes
1 cup peeled fresh grapes
2 bananas
1 cup chopped cashew nuts
3 egg yolks
1 cup Nestle's cream
½ cup sugar
1 cup water
½ cup red *gulaman*, chopped

Make a syrup out of water and sugar. Cool. Beat the egg yolks and add to the cooled syrup, beating with a rotary beater. Continue beating and add the Nestlé's cream. Add the fruits slowly, then the cashew nuts and chopped red *gulaman*. Freeze in hand freezer using 3 parts ice and 1 part salt.

WATERMELON ICE CREAM

2 tablespoons lemon juice
½ cup granulated sugar
⅛ teaspoon salt
2 tablespoons sherry wine
(optional)
2 egg white, beaten stiff
½ teaspoon grated lemon rind
4 cups diced watermelon
1¼ cups undiluted evaporated
milk

Combine lemon juice, grated rind, sugar and watermelon pulp. Mix well and let stand in freezer for 30 minutes. Rub this through a sieve; then add slowly well-chilled undiluted evaporated milk to watermelon mixture. Freeze to a mush, remove from tray and scrape bottom and sides. Then fold in the stiffly beaten egg whites with the sherry wine. Continue freezing for at least 4 hours. Serve in chilled sherbet glasses.

COFFEE ICE CREAM

1¼ cups granulated sugar
¼ teaspoon salt
¾ cup heavy cream, whipped
stiff
1½ cups unwhipped heavy cream
2 cups very strong coffee
5 drops vanilla extract

Place sugar and 1½ cups unwhipped heavy cream in a double boiler and heat to boiling point, stirring almost constantly. Remove from the fire and cool, then add salt and strong coffee. Freeze in hand freezer, using 3 parts ice and 1 part rock salt until mushy, then stir in very gently the stiffly whipped heavy cream with the vanilla extract and freeze until solid. Pack in 4 parts ice and 1 part rock salt, after removing the dasher for 1 hour. Serve in sherbet glasses which have been thoroughly chilled.

VANILLA ICE CREAM

⅔ cup condensed milk
½ pint cream
½ cup water
1½ teaspoons vanilla

Mix milk, water and vanilla. Chill. Whip the cream and fold into the chilled mixture. Freeze. When partially frozen, scrape the mixture and beat. Return to tray and freeze.

SHERBETS

BUKO SHERBET

1 cup *buko* meat
2 cups water
1 cup sugar

Mix all ingredients together, then freeze. (*Makapuno* may be used instead of *buko*).

CITRUS SHERBET

3 cups sugar
3 bananas
3 egg whites
3 cups water
¾ teaspoon salt
Grated rind of 1 orange
Juice of 3 lemons
Juice of 3 oranges

Combine the sugar, water and orange rind. Bring to boiling point and boil 5 minutes. Chill. Press the bananas through a fine sieve and combine with the salt and orange and lemon juice. Then combine with the first mixture. Finally, fold in the stiffly beaten egg whites and freeze in a refrigerator or hand freezer.

LEMON SHERBET

2 cups water
1 teaspoon grated lemon rind
4 tablespoons cold water
⅓ cup lemon juice
¾ cup sugar
2 teaspoons gelatin
1/6 teaspoon salt
2 egg whites

Combine the water, sugar and lemon rind; bring to boiling point and simmer 10 minutes. Remove from the fire, stir in the gelatin softened in the cold water with little salt, then strain through doubled cheesecloth and chill. Finally, stir in the lemon juice, and half-freeze. When half-frozen, stir well and fold in the stiffly beaten egg whites. Pack smoothly in the tray and freeze until the mixture begins again to solidify, at which point stir thoroughly once more to break the ice crystals, then complete the freezing.

LIME SHERBET

⅔ cup sugar
1 teaspoon gelatin
4 drops green vegetable coloring
⅛ teaspoon salt
1½ cups water
2 egg whites
Juice of 5 fresh limes

Combine the sugar and water and bring to boiling point, stirring until the sugar is thoroughly dissolved. Simmer 10 minutes, then add the gelatin softened in cold water and stir until this is also dissolved. Chill. Add the green vegetable coloring alternately with the lime juice (strained or unstrained); turn into refrigerator tray and half-freeze. Stir well and fold in the stiffly beaten egg whites and salt. Freeze in a hand-freezer.

ORANGE SHERBET

1 cup boiling water
2 cups orange juice
1¾ cups granulated sugar
4 tablespoons lemon juice
⅛ teaspoon salt

Boil sugar and water for 5 minutes. Cool, then chill. Add orange and lemon juice, mix thoroughly, then combine, while beating gently. Freeze in hand freezer, using 4 parts ice and 1 part salt until solid, but not too hard. Serve in chilled sherbet glasses or orange cups.

PINEAPPLE SHERBET

1 quart water
2 cups sugar
1 lemon
2 cups crushed pineapple, fresh or canned
2 egg whites

Boil water and sugar together for 5 minutes. Scald the pineapple in the boiling syrup, and rub through a sieve. Cool, add lemon juice and freeze to a mush. Add the beaten egg whites and continue freezing.

STRAWBERRY SHERBET

2½ cups strawberry pulp and juice
2 egg whites, beaten stiff
¾ cup granulated sugar
⅛ teaspoon salt

Combine strawberry pulp and juice with sugar and salt, and chill for 1 hour; then freeze. Stir in the stiffly beaten egg whites, and continue freezing until solid, but not too hard. Serve in chilled sherbet glasses or orange cups.

SHERRY SHERBET

2 cups boiling water
¼ teaspoon salt
2 tablespoons cold water
Grated rind of 1 lemon
1 cup sherry wine (scant)
Green vegetable coloring (optional)
1 cup granulated sugar
2 teaspoons granulated gelatin
Juice of 4 lemons
¼ cup orange juice
2 egg whites, beaten stiff

Boil sugar and boiling water until syrup spins a thread. Remove from the fire and add gelatin which has been soaked in cold water for 5 minutes, and stir until gelatin is thoroughly dissolved. Then add lemon juice and rind, salt and orange juice, and blend well. Strain through a double cheesecloth, and chill. Add sherry wine and 3 or 4 drops of vegetable coloring, remembering that freezing or cooking lessens all colors. The mixture should be a pretty pale green when served. Freeze in hand freezer, using 4 parts ice and 1 part rock salt until mushy, then stir in the stiffly beaten egg whites, and continue freezing until solid, but not too hard. Serve in chilled sherbet glasses or orange cups.

CAKES

AUSTRIAN NUT CAKE

- 6 tablespoons powdered sugar
- 2 tablespoons fine, dry bread crumbs
- 6 tablespoons ground hazel nuts or almonds
- 2 tablespoons sifted all-purpose flour
- 2 teaspoons rum
- 3 tablespoons finely grated chocolate
- ¾ teaspoon baking powder
- 3 tablespoons butter
- 4 egg whites

Sift the powdered sugar, grate the chocolate, and ground the nuts so that the particles will be very small. Mix the nuts with the flour sifted with baking powder. Cream the butter, adding the powdered sugar gradually. Add the chocolate to the butter-sugar mixture. Mix the crumbs with the rum and add to the nut-flour mixture. Add this to the butter-sugar mixture. At this stage the batter must be well beaten. Beat the egg whites to a stiff froth and fold into the cake mixture. Turn into a lightly greased, shallow 7 by 7-inch cake pan. Bake in a slow oven for minutes. This cake does not rise. When done, it will loosen from the sides of the pan. Let cool on a rack, and cut the cake carefully into 2 or 3 layers.

Fill the layers with a mixture of ground nuts worked to a smooth paste with a little warm cream, butter, and sugar. Cover the cake with a layer of this mixture, sprinkle with shaved chocolate and finely chopped nuts.

BIRTHDAY CAKE

- ½ cup butter
- 2⅓ cups flour
- 1¼ tablespoons sherry
- ½ cup walnut meat
- 2 tablespoon candied orange peels
- 1 teaspoon vanilla
- 1¼ cups brown sugar
- ⅔ cup milk
- 3½ teaspoons baking powder
- ½ cup raisins
- ½ cup currants
- 1 teaspoon orange extract
- 2 egg white, beaten stiff
- 2 egg yolks

Cream the butter, add sugar gradually and continue beating. Add egg yolks beaten until thick and lemon-colored. Sift flour with baking powder and add alternately with the milk to the first mixture. Mix the raisins and nuts with orange peels, cut into pieces and dredged with flour. Then combine with the mixture. Add by folding the egg whites beaten until stiff and dry. Bake in a buttered and floured angel cake pan in a slow oven for 1¼ hours.

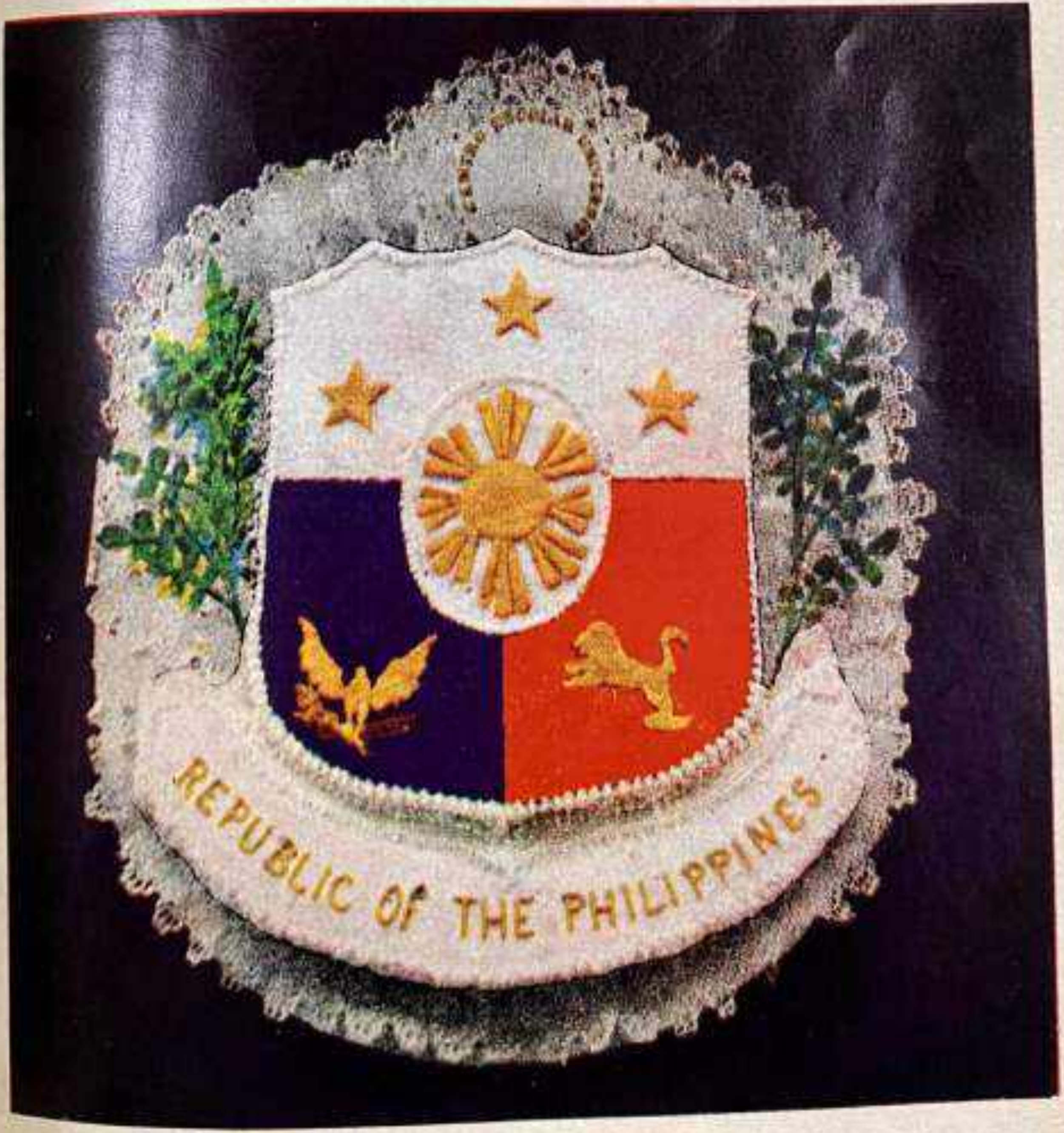
Cover with Ornamental Frosting: 3 egg whites, 1 tablespoon lemon juice and powdered sugar.

BUTTER CAKE

- 1 cup butter
- 2 eggs
- ½ teaspoon salt
- 1 cup sugar
- 2 cups sifted cake flour
- 1 teaspoon flavoring
- 2 teaspoons baking powder
- ¾ cup milk

Cream the butter until very light, gradually adding the sugar and continue the creaming until the mixture is light and fluffy. Add any preferred flavoring and the eggs, one at a time, beating each thoroughly after each addition. Add the sifted dry ingredients alternately with the milk and again beat until smooth. Turn the batter into greased cake pans and bake in a moderate oven for about 25 minutes. After baking, place the cake (still in the pan) on a cooling rack for 3 or 4 minutes, then loosen the edges of the cake from the pan with a spatula and turn out into the cooling rack. Be sure that the cake is always thoroughly cool before filling or icing.

WEDDING CAKE


REPUBLIC OF THE PHILIPPINES

SPECIAL BIRTHDAY CAKE
(CEU gift to President Roxas on his birthday)

CIGARETTES RUSSES POUR GLACES

⅓ cup butter
⅓ cup powdered sugar
60 grams cream
½ cup flour
1 egg white, 2 if small
½ teaspoon vanilla

Cream the butter, add sugar, then the cream and sifted flour. If too thick, add a little milk.

Whisk egg white to snow point and fold into first mixture. Drop by teaspoon on a buttered and floured tin sheet. Spread thinly in oblong shapes. Cook in moderate oven for 8 to 10 minutes and as soon as they brown slightly, roll by means of a stick.

CHIFFON CAKE

1. In first bowl mix together:

1 cup sifted flour with 1½ teaspoons baking powder
¾ cup sugar
½ teaspoon salt

Make a well and add these:

¼ cup Wesson oil
3 unbeaten egg yolks
¼ cup plus 2 tablespoons cold water

Beat with spoon until smooth.

2. In large second bowl put:

½ cup egg whites (4 eggs)
¼ teaspoon cream of tartar

Beat into very stiff peaks, stiffer than for meringue. Do not underbeat.

3. Pour egg yolk mixture gradually over beaten whites gently folding with rubber scraper until blended. Do not stir. Sprinkle over batter ¼ teaspoon red coloring. Fold it with only 3 or 4 strokes to streak through batter but do not blend. Pour batter immediately into ungreased pan and bake in hot oven. Ice with white icing.

Combine 1 egg white, ¾ cup sugar, a pinch of salt, ⅛ teaspoon cream of tartar and 3½ tablespoons water in double boiler over boiling water. Beat with rotary beater in 7 minutes. Cool and spread over cake.

CHRISTMAS CAKE

2¼ cups cake flour
½ cup shortening
5 eggs
¾ cup blanched almonds, chopped
¼ cup candied lemon peels, chopped
½ teaspoon salt
1 teaspoon baking powder
½ cup butter
1 teaspoon lemon flavoring
1 cup sugar
1 teaspoon brandy
1 cup shredded moist coconuts

Sift flour. Add baking powder and salt and sift again. Cream butter and sugar together, until well-blended. Add eggs one at a time, beating after each addition. If you use a mixer, beat with slow speed throughout. Mix in lemon and brandy flavoring, almonds, coconut, and lemon peels. Stir in dry ingredients. Turn batter into greased and floured 9-inch tube pan. Bake in slow oven for 1¼ hours. When cool, store in air-tight container.

COCONUT PARTY TORTE

1 cup enriched flour
1 teaspoon baking powder
¾ teaspoon salt
2 cups Graham cracker crumbs
¾ cup margarine
1½ cups shredded coconut
1 teaspoon vanilla
1¼ cups milk
4 egg whites, beaten stiff
1½ cups heavy whipped cream
2 cups sugar

Sift together flour, baking powder, and salt; add crumbs. Thoroughly cream together margarine and sugar. Stir in coconut and vanilla. Add dry ingredients alternately with milk. Fold in stiffly beaten egg whites. Pour into two pans. Bake in moderate oven. Cool. Spread whipped cream between layers and on top.

FRUIT CAKE

3 cups shredded citron
3 cups diced crystallized pineapple
1 cup shredded blanched almonds
⅓ cup shredded candied orange peels
2 teaspoons baking powder
2 cups sugar
1 teaspoon vanilla
1 teaspoon salt
¾ cup wine or fruit juice
12 egg whites
4½ cups sifted flour
2 cups butter
3 cups crystallized cherries

Combine fruits and almonds. Sift 3 cups of flour with the baking powder and salt and sprinkle the remaining cup of flour over the fruits and almonds, stirring thoroughly. Cream the butter and sugar together, then add the sifted dry ingredients with the wine or fruit juice. Mix very thoroughly and then work in the fruit-nut mixture and the vanilla. Finally fold in the stiffly beaten egg whites. Turn into a well-greased tube pan lined with greased paper and bake in a slow oven for 2½ to 3 hours.

FRENCH ALMOND CAKE

½ cup butter
2½ tablespoons milk
8 eggs
1⅓ cups sugar
⅛ teaspoon almond extract
2 cups flour
2¼ teaspoons vanilla
⅓ cup chopped almonds

Soften butter with large spoon against side of mixing bowl, working in small amounts of sugar at the same time. Add vanilla and stir vigorously until frothy. Stir milk and almond extract into chopped almonds until blended, then add to batter mixture. Separate whites from yolks of 4 eggs. Gently beat 8 yolks and remaining 4 whites together, then add into batter mixture. Add flour by folding in several spoonfuls at a time. Pour batter to greased and wax paper-lined loaf pan. Because of heavy egg content, this cake must be baked in slow oven.

Bake for 45 minutes or until done. If fancy shapes are intended to be cut from this cake, it is best to compress texture slightly. Do this by pressing the top evenly with frying pan or other flat light object that will not press cake. Weight cake after removing from pan and cool slightly. Remove when cold. Cooky cutters of varied shapes may be used. If entire cake is frosted, use vanilla or liquor-flavored frosting.

GATEAU LE SANS RIVAL

CHIFFON CAKE

FONDANT CAKE

¾ cup cream
2 eggs
2 cups powdered sugar
2 cups flour
Chopped almonds or grated lemon rind

Cover the bottom of a shallow cakepan with oil paper. Blend cream, eggs, sugar and flour and pour into the pan. Sprinkle some finely chopped almonds or some grated lemon rind on top of the cake. Bake in a moderate oven for 20 or 30 minutes. It is preferable if served hot.

GATEAU BUCHE DE NOEL

Sucre Paste:

1 cup flour
⅓ cup butter
⅓ cup sugar
1 whole egg or 2 yolks
Pinch of salt

Beat the yolks with the sugar until light and lemon-colored, mix with the whites beaten to the snow point. When the two are combined, add the flour and lastly the melted butter. Cover a baking sheet with buttered paper and on this spread the above mixture. Bake and when cooked, let it get dry, otherwise it will not roll. Put the baking sheet on the marble to cool. When cold remove from the sheet and then remove the paper. Spread the surface of the cake with a cream made of butter and coffee and roll.

Cream 2/3 cup sugar, 2/3 cup water and boil to a heavy syrup. Pour this over the beaten yolks of 5 eggs, 1-1/3 cups butter and ½ teaspoon coffee infusion. Decorate with a chocolate cream to represent a fallen tree.

GOLD CAKE

2 cups flour
1⅓ cups sugar
6 egg yolks
⅔ teaspoon grated lemon rind
1 tablespoon baking powder
½ cup butter
½ cup cream
½ teaspoon vanilla
¾ teaspoon salt
6 whole eggs
1⅓ teaspoons lemon juice
⅔ cup milk

Mix and sift flour, baking powder and salt. Work sugar into butter while creaming to semi-liquid consistency. Beat in whole eggs adding one at a time. Then separate the 6 egg yolks and beat briskly until thick and creamy. Beat yolks into batter mixture and continue beating until light and frothy. Add lemon juice, lemon rind, and vanilla. Next stir in flour mixture and milk alternately, until smooth and shiny. Pour into 2 greased 10-inch layer pans. Bake at moderate oven for 50 minutes or until done. After removing from pans and cooling, spread with Orange Butter Frosting or Lemon Butter Frosting on each layer.

GATEAU LE SANS RIVAL

1 cup egg whites
1 cup sugar
1 cup almond, toasted and ground
¼ teaspoon vanilla

Beat the egg whites until foamy, add sugar gradually, then the almond and the vanilla, last. Spread the paste on a buttered and floured baking tin and bake. When done, scrape the cake lightly with spatula and spread the Cream Mousseline between each slice. Garnish the top with ground almonds and cream icing. Write on top the name "Sans Rival."

Cream Mousseline:

1 cup sugar
⅓ cup water to make the syrup
6 egg yolks
½ pound butter

Make a syrup of the sugar and water to thick consistency. Add this mixture to the butter that is well-creamed.

LEMON-COCONUT CUPS

1 cup sugar
¼ cup enriched flour
⅛ teaspoon salt
5 tablespoons lemon juice
2 tablespoons melted butter

1½ cups milk
3 stiffly beaten egg whites
½ cup shredded coconut
Grated rind of 1 lemon

Combine sugar, flour, salt, and butter; add lemon juice and mix. Add combined egg yolks and milk; mix well. Fold in egg whites and coconut. Pour into greased custard cups. Bake in pan of hot water in moderate oven 35 to 45 minutes.

MARBLE SPICE CAKE

2 cups sifted cake flour
1 teaspoon salt
2 tablespoons baking powder
¼ teaspoon cloves
1⅓ cups granulated sugar
½ cup shortening

2 eggs, unbeaten
½ teaspoon allspice
1½ teaspoons vanilla
¾ cup milk
1 teaspoon cinnamon
½ teaspoon nutmeg

Have the eggs, milk and shortening at room temperature. Sift the flour, salt and baking powder in a mixing bowl. Drop in the shortening. Add about 1/3 of the milk, then the vanilla and beat a minute. Add the eggs, beat 2 more minutes. Add remaining milk and beat 50 strokes. Divide batter in halves. Add spices to one-half. Drop batters alternately by tablespoonful in 10 by 10 by 2-inch pan lined at the bottom with wax paper, then greased. Bake for 35 to 45 minutes. Cover the cake with boiled frosting.

ORANGE CAKE

6 tablespoons sugar
3 egg yolks
1 whole egg
2 tablespoons orange liquor rum
¾ cup flour

4 tablespoons warm butter
Little sugar
Orange juice
Orange peel

Put sugar and egg yolks in a bowl and beat for 30 minutes. Add whole egg, orange juice, little sugar well-rubbed with orange peel and orange liquor rum and beat again thoroughly. Then add the flour, warm butter, and the egg white very stiffly beaten. Pour the mixture in a buttered cake pan, and put in slow oven for 30 to 40 minutes. When cool, coat the top with a punch icing.

SPONGE CAKE

1 cup sugar
1 teaspoon vanilla
¼ teaspoon salt
1 tablespoon lemon juice

5 eggs, separated
½ tablespoon grated lemon rind
1 cup sifted cake flour

Sift the flour at least 3 times. Beat the egg whites until frothy, gradually adding the salt. Continue beating until stiff enough to form peaks. Beat in the sugar, a little at a time, and continue beating until the mixture is no longer "grainy." Beat the egg yolks thoroughly, add lemon juice, rind and vanilla, and continue beating to the consistency of batter. Now fold into the stiff egg whites. Sift the flour into the mixture, a little at a time, folding carefully. Turn into tube pan, ungreased, and bake in moderately slow oven for 1 hour. Remove from the oven and turn the pan upside down until the cake is cool.

SPONGE CAKE VARIATIONS

Sponge cakes do not ordinarily contain fruit or nuts but several variations of the basic recipe are possible.

CHERRY SPONGE CAKE: Slice thinly ½ cup of maraschino cherries which have been well-drained. Prepare the sponge cake batter. Put 1/3 of the batter in the pan, sprinkle ½ of the cherries over it, and repeat, using all the batter. Bake as directed.

CHOCOLATE SPONGE CAKE: Substitute ¼ cup cocoa for ¼ cup of the flour in the basic recipe. Sift the flour and the cocoa together and proceed as directed in sponge cake recipe.

COCONUT SPONGE CAKE: Sprinkle ½ cup of shredded coconut over the surface of the batter just before putting the cake into the oven.

STRAWBERRY CAKE

1½ cups cake flour
½ teaspoon soda
½ cup baking powder
½ teaspoon salt
½ cup milk
½ teaspoon cinnamon
½ cup shortening
1 cup sugar
2 eggs, beaten
2 cups fresh, frozen strawberries

Sift flour, measure and resift 3 times with next 3 ingredients. Cream shortening with the sugar and cinnamon until smooth and soft. Add the eggs and beat until fluffy and light in color. Add the milk alternately with the dry ingredients, beating well after each addition. Gently fold in the strawberries. Pour into a greased 9-inch cake pan 1¾ inches deep. Bake for 45 minutes or until cake test is done. Serve warm or cold with lemon sauce.

STRAWBERRY SHORT CAKE

2 cups bread flour
1 tablespoon butter
½ teaspoon salt
3 teaspoons baking powder
⅓ cup milk
⅓ cup water

Mix dry ingredients and sift twice, work in butter and add the liquid gradually. Toss on floured board and cut with small biscuit cutter.

Brush over and put in hot oven for 12 to 15 minutes. Split and spread with butter, then between and on top, put the sweetened strawberries.

Cover with Cream Sauce: ¾ cup thick cream, ¼ cup milk, 1/3 cup powdered sugar, 1 egg white and ½ teaspoon vanilla.

FOOD OF THE GODS

6 egg yolks
2 cups sugar
2 teaspoons baking powder
9 tablespoons cracker crumbs
1 lb. dates
1 lb. ground walnuts

Beat the egg yolks, add sugar gradually. Mix all other ingredients. Lastly fold the 3 egg whites beaten to meringue points. Pour in 2 layer-cake-pans, lined with greased wax paper. Bake the meringue in a slow oven. When cooked, cool and serve with cream.

TIMBALE A L' EGYPTIENNE

Prepare a "GENOISE"

¾ cup flour
¾ cup butter
½ teaspoon vanilla
1 cup sugar
4 whole eggs

Cream the butter and sugar until light and fluffy. Add eggs one at a time beating after each addition. Stir in the flour until well-blended. Flavor with vanilla. Pour in a well-greased loaf pan. Bake in moderate oven for 30 to 35 minutes. Remove from oven and when it has cooled, divide into 3 to 4 parts, horizontally. Spread these slices with marmalade, and sprinkle afterwards with toasted and finely chopped almonds or with crystal sugar which has been pounded in powder.

Decorate with Cigarettes Russes, prepared beforehand. Fill the hole in the center with Chantilly mixed with sugared strawberries, or with a plain meringue.

WHITE CAKE

½ cup butter
3 egg whites, beaten stiff
1⅛ cups sugar
¼ teaspoon salt
1 teaspoon flavoring
2 cups sifted cake flour
⅔ cup milk
2 teaspoons baking powder

Sift the flour 3 times; resift with the salt and baking powder. Cream the butter, gradually adding the sugar until smooth and fluffy. Alternately add the flour and milk, beating until smooth. Then fold in beaten egg whites. Turn into well-greased pan or lined with greased paper and bake in moderate oven for 1 hour. If desired, the cake may be baked in two-layer pans or muffin tins in which case the oven temperature should be maintained for 25 minutes. Fill with any desired filling and frosting.

WHITE FRUIT CAKE

⅔ cup butter
⅔ cup candied cherries
1⅞ cups flour
⅓ blanched shredded almonds
¼ teaspoon soda
½ cup thinly sliced citron
½ teaspoon lemon juice
6 egg whites
1½ cups powdered sugar
1 teaspoon almond extract

Cream butter, gradually add flour mixed and sifted with soda, add lemon juice. Beat egg whites stiffly. Add sugar. Combine the mixture. Add cherries, almonds and citron dredged with flour. Flavor with almond extract. Bake in greased [illegible] cake-tin in moderate oven for 1 hour.

WHOLE WHEAT CAKE

¾ cup whole wheat flour
½ teaspoon salt
3 eggs
1 cup all-purpose flour
½ cup shortening
¼ teaspoon almond extract
2 teaspoons baking powder
¾ cup sugar
1 cup milk

Mix and sift whole wheat flour, white flour, baking powder and salt. Cream shortening thoroughly while combining with sugar. Beat in eggs and almond extract until whipped high. Add flour mixture and milk alternately, a little at a time, continuing to beat until completely blended. Turn into greased loaf pan. Bake in moderate heat for ½ hour or until done. Leave cake in pan for several minutes after removing from oven, then turn out to cool before frosting. Top with "Seven Minutes Frosting" made more fluffy by adding 1 egg white.

FRENCH JELLY ROLL

2 eggs, separated
½ cup boiling water
2 teaspoons baking powder
1 cup sugar
1 tablespoon lemon juice
1 cup sifted pastry flour
¼ teaspoon salt
Grated rind of 1 lemon
Jelly

Line a shallow pan (10 x 15 inches) with greased wax paper, cut a trifle smaller than the base of the pan. Do not grease the sides of the pan.

Beat the egg yolks until thick and lemon-colored, gradually adding the sugar while beating. Add also the lemon rind and juice and beat again thoroughly. Now pour in the boiling water and beat hard; then sift in the dry ingredients which have been sifted together twice. As soon as thoroughly incorporated, fold in the stiffly beaten egg whites. Pour the batter into the prepared pan, tilting so that it runs to the corners. Bake in a hot oven 12 to 15 minutes or until firm to the touch and slightly shrunken from the pan.

Meanwhile spread a clean, dry cloth on the table and sprinkle it lightly with sugar. Invert the cake on it, quickly trim off crisp edges with a knife, and tear off the paper. Spread the cake with jelly which may be whipped and very slightly warmed to aid in spreading. Roll up the cake the narrow way, using the cloth to aid in the rolling. Cool on a wire rack. The cloth may be left around the cake while cooling to help keep it tender and preserve its shape. Slice for service.

MALACAÑANG ROLL

¾ cup flour
1 teaspoon baking powder
¼ teaspoon fine salt
4 egg yolks
5 egg whites
½ cup sugar

Beat the egg whites until thick and firm, then add the yolks one at a time beating well after each addition. Then add the sugar, gradually beating the mixture continuously. Then fold in the flour sifted with baking powder and salt. Pour this mixture on a flat pan lined with greased wax paper. Bake in hot oven. When baked transfer to a prepared wax paper sprinkled with sugar. Spread caramel filling or any desired filling and roll. Ice with boiled icing.

Caramel Filling:

1 cup sugar
2 egg yolks
1 cup milk
1 tablespoon butter
1 tablespoon flour

Caramelize the sugar, then add 1/3 cup water. When thick syrup is formed add the mixture of egg yolks, milk and flour. Cook in a double boiler, when thick add the butter. Blend the mixture well. Remove from fire, cool, then spread on cake.

Boiled Icing:

2 egg whites
1 cup sugar
⅓ cup water

Boil the water and sugar until a thick syrup is formed. Pour this gradually on a well-beaten egg white, beating the mixture continuously. Spread this on the cake. If desired, coloring may be added and a bread knife passed over it for spiral appearance as decoration.

Variation:

Macapuno Filling:

1 macapuno
3 cups sugar
1 cup water
Anis seeds

Grate the macapuno. Prepare syrup with the sugar and water. When thick add the macapuno and cook until the mixture is transparent. Flavor with anis seeds.

COOKIES

COCONUT FINGERS

16 slices white bread
3 cups moist shredded coconut
2 cups condensed milk

Remove crusts from bread, and cut each slice into 4 strips. Dip each strip into the condensed milk and then into the coconut. The milk acts as a binder causing the coconut to cling to all sides of the bread. Place strips on a lightly greased baking sheet, and bake for about 15 minutes, or until delicately brown. Allow them to cool.

COCONUT LEMON COOKIES

1 cup butter or other shortening
2 eggs
1½ teaspoons grated lemon rind
2½ cups sifted flour
⅛ teaspoon salt
1 cup sugar
1 cup grated coconut
¾ teaspoon lemon extract
1½ teaspoons baking powder

Cream shortening and sugar together. Add eggs; beat until fluffy. Stir in the coconut, lemon rind and lemon extract. Resift the flour 3 times with the baking powder and salt. Work the flour mixture onto the batter, gradually blending thoroughly. Line a small loaf pan with wax paper; turn the dough into this. Let it chill in the refrigerator for at least an hour, thus making it easy to roll out the dough without adding more flour. When the dough is firm, turn it onto a cutting board and cut it into slices ⅛ inch thick. Put the slices on a greased cookie sheet. Bake for 10 minutes, or until delicately browned. Allow the cookies to cool on a perforated cake rack.

IMPERIAL FANS

3 cups flour
½ cup brown sugar
⅔ cup butter
2 eggs

Mix 2 cups flour and ½ cup brown sugar and sift. Then knead 2/3 cup butter, taking care to do it only with the tips of the finger. Use a rolling pin so as to extend it to 1/3 inch thickness. Cut in circles with ridges and divide into 4 parts. Brush with egg yolk diluted with water and bake in moderate oven.

SCOTTISH FANCIES

1 egg
½ cup sugar
⅔ tablespoons melted butter
1 cup rolled oats
⅛ teaspoon salt
¼ teaspoon vanilla

Beat egg until light, add sugar gradually, and then stir in remaining ingredients. Drop mixture by teaspoonfuls on a thoroughly greased tin, one inch apart. Spread into circular shape with a case knife first dipped in cold water. Bake in a moderate oven until delicately browned. To give variety, use 2/3 cup rolled oats and fill cup with shredded coconuts.

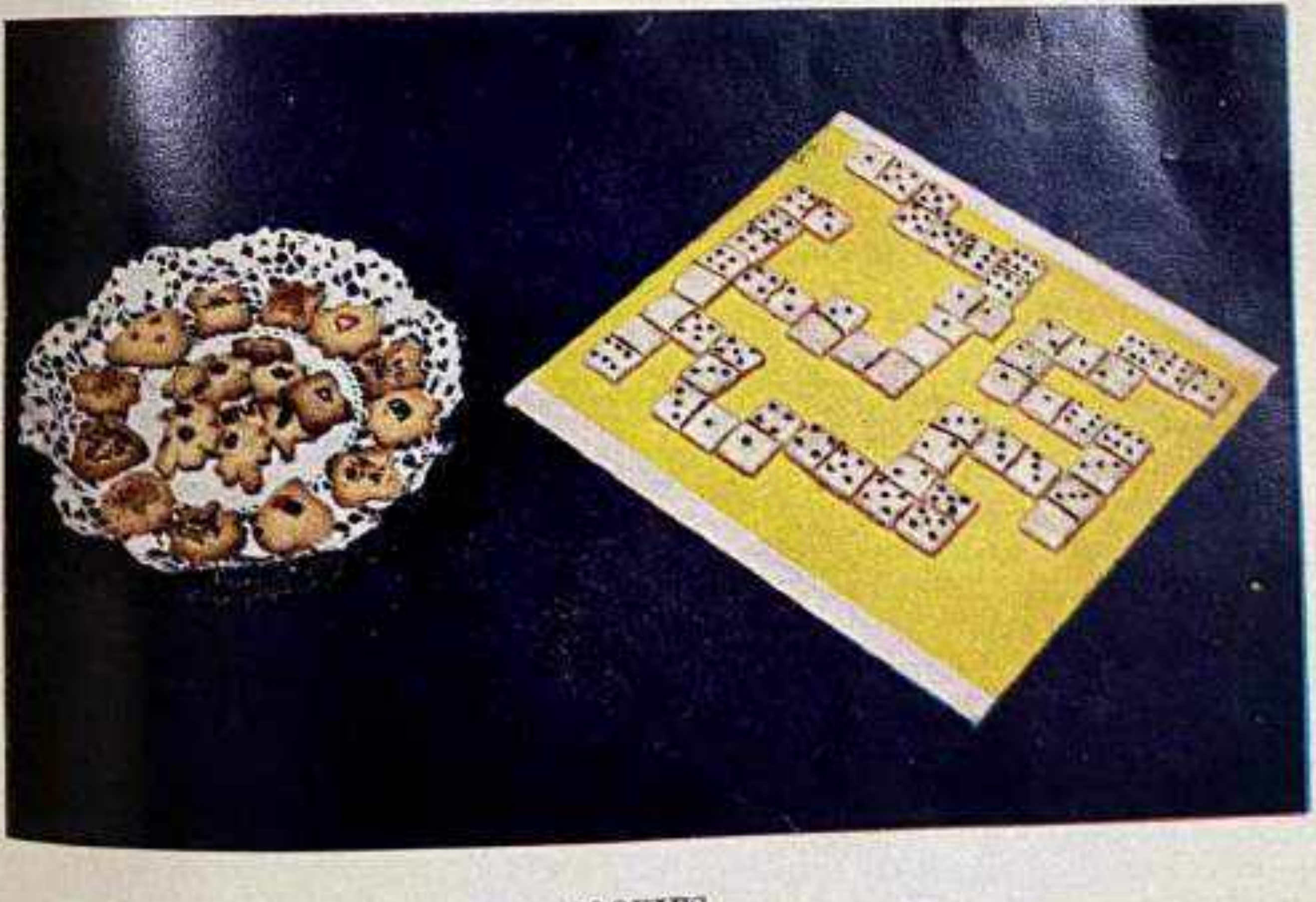
VANILLA DROPPED COOKIES

3 cups flour
3 teaspoons baking powder
¾ teaspoon salt
¾ cup butter or margarine
1¼ cups sugar
2 well-beaten eggs
1 teaspoon vanilla
⅔ cup milk

Sift flour; measure; add baking powder and salt; sift again. Cream shortening; add sugar gradually and continue beating until light. Add well-beaten eggs and blend throughly; add vanilla. Add dry ingredients alternately with the milk; mix well. Chill.

Drop by teaspoonfuls 2 or 3 inches apart on a well-greased baking sheet. Bake in a hot oven from 8 to 10 minutes.

CUP CAKES



COOKIES

CASSAVA COOKIES

2 cups cassava flour
¼ cup butter
¾ cup sugar
¼ cup milk
1 egg
¼ teaspoon salt
1 teaspoon baking powder

Blend the butter, sugar, and egg. Add the milk and sifted cassava flour together with baking powder, alternately. Drop on baking tins and bake in moderate heat for 10 minutes.

CHOCOLATE COOKIES

1½ cups regular flour
¾ cup butter or other shortening
1 teaspoon vanilla
1 egg, beaten
¾ cup granulated sugar
½ teaspoon salt
3 squares of unsweetened chocolate

Cream the butter or other shortening. Add the sugar and cream well. Add to the sugar and the beaten egg, salt, vanilla and chocolate that is at room temperature. Mix thoroughly, stirring in flour half at a time. Refrigerate about 30 minutes before forming cookies. Bake for 8 to 10 minutes.

COCONUT KISSES

4 egg whites
1¼ cups powdered sugar
½ teaspoon salt
2 cups shredded coconut
Grated rind of half an orange or 1 lemon

Beat the egg whites with the salt until very stiff, gradually adding the sugar while beating. Fold in the coconut and orange or lemon rind. Drop from the tip of a teaspoon into cookie sheets lined with heavy ungreased paper. Bake in a slow oven 20 minutes or until delicately browned. Slip the paper on to a damp table or board, let stand a minute to steam, then loosen with a spatula and remove the kisses to a cooling rack. When cold, store in an airtight container.

COCONUT MACAROONS

3 egg whites
½ teaspoon salt
½ teaspoon vanilla
½ cup shredded coconut
1½ cups sugar
⅛ teaspoon almond extract
3 cups flaked cereal
1 teaspoon grated lemon rind

Beat the egg whites with the salt until stiff, gradually adding the sugar and beating well after each addition. The mixture should be stiff enough to hold its shape when all the sugar is added. Put in the flavorings, the combined flaked cereal, coconut and lemon rind. Blend thoroughly and drop from the tip of a spoon into well-greased baking sheets. Bake in a very moderate oven 20 to 25 minutes. Remove from the pan as soon as taken from the oven.

FROSTED BUTTER COOKIES

1½ cups regular flour
½ teaspoon salt
⅔ cup granulated sugar
¾ cup butter and or other shortening
1 egg, beaten
1 teaspoon almond or vanilla for coloring and flavoring

Cream the butter or other shortening. Add the sugar and cream well. Add the beaten egg, salt and flavoring. Mix well. Stir in the flour half at a time to form soft dough. After forming shapes, sprinkle finely granulated sugar over cookies. Turn cookie sheet on side and top to remove excess sugar. Bake for 8 to 10 minutes.

ORANGE CRISPIES

¾ butter
½ teaspoon salt
1 teaspoon grated orange rind
1⅔ cups regular flour
⅔ cup granulated sugar
1 egg, beaten

Cream the butter. Add the sugar and cream well. Add the beaten egg, salt and flavoring. Mix well and stir in the flour half at a time and shape. Bake for 8 to 10 minutes.

PEANUT COOKIES

1⅓ cups regular flour
⅔ cup granulated sugar
1 teaspoon vanilla
¾ cup butter or other shortening
1 egg, beaten
1½ cups finely ground, salted peanuts without skin

Cream the shortening or butter. Add the sugar and cream well. Add the beaten egg, vanilla, and peanuts. Mix thoroughly, stir in the flour half at a time. Use cookie presser with large openings. Bake from 8 to 10 minutes.

PILI NUT COOKIES

¾ cup butter or other shortening
⅔ cup granulated sugar
½ teaspoon salt
1 cup very finely ground *pili* nuts
1½ cups regular flour
1 beaten egg
1 teaspoon flavoring (any desired flavor)

Cream the butter and shortening. Add the sugar and cream well. Add the beaten egg, salt, flavoring and *pili* nuts. Mix well and stir in the flour half at a time. Use cookie presser with large openings. Top with a whole *pili* nut on each cookie. Bake for 8 to 10 minutes.

STRAWBERRY COOKIES

3 cups flour
3 teaspoons baking powder
¾ cup shortening
1¼ cups strawberries
2½ tablespoons walnuts, chopped
¾ teaspoon salt
1½ cups sugar
2 eggs
2 teaspoons grated lemon rind
⅓ cup milk

Blend the flour and baking powder and sift. Work in the sugar and cream shortening. Beat in the eggs gradually. Add flour and milk in 3 parts each, beating smoothly each time. Evenly stir in the strawberries, lemon rind and nuts. Immediately drop batter onto greased baking sheets and bake in oven for 10 minutes or until firm.

ALMOND COOKIES

¾ cup butter
¾ cup sugar
1 egg, unbeaten
½ teaspoon vanilla
¼ teaspoon salt
½ cup blanched almonds, ground fine
1½ cups sifted flour

Cream butter with sugar until fluffy. Add egg, vanilla, salt and almonds and beat thoroughly. Add flour, a small amount at a time. Blend thoroughly. Drop from teaspoon onto greased baking sheet and bake in moderate oven about 15 minutes.

CANDIES

nut ?

CHOCOLATE FUDGE

- 6 tablespoons unsweetened chocolate
- 2 cups sugar
- 2 tablespoons butter
- 1 teaspoon corn syrup
- 1 teaspoon vanilla
- ¾ cup milk

Melt the chocolate in milk. Add sugar and corn syrup; cook slowly, stirring until the sugar dissolves. Cook gently to soft-ball stage, stirring frequently.

Remove from heat, add butter and cool to room temperature without stirring. Add vanilla; beat vigorously until fudge becomes very thick and loses its gloss. Quickly spread in greased pan. When firm cut in squares.

This may be used for dipping chocolate for the nougat. Melt over hot water, dip the nougats in chocolate, then string in wire and hang in the refrigerator to harden. Use small wire for stringing chocolate-dipped candies. Marshmallows may be dipped in chocolate too.

CHERRY COCONUT DIVINITY

- 2 cups sugar
- ½ cup light corn syrup
- 1 teaspoon vanilla
- ½ can moist sweetened coconut, toasted and crumbled
- ⅓ cup water
- 2 egg whites
- ¾ cup candied cherries, thinly sliced

Bring ½ cup sugar and 1/3 cup water to boiling point, stirring until sugar is dissolved, then cook to soft-ball stage. In another saucepan cook the remaining sugar, water and the corn syrup to firm ball stage. Remove from fire and cool slightly, then pour slowly over the stiffly beaten egg whites, beating constantly for about 1½ minutes or until the mixture loses its gloss. Now add the first syrup slowly, beating as before. Stir in the vanilla and salt and fold in the coconut and cherries. Turn immediately into a shallow buttered pan, spreading smoothly, and when cold, cut into small squares.

Broken nut-meats, chopped pitted dates or seedless raisins may be substituted for the candied cherries, if desired.

COCONUT CHOCOLATE DREAMS

- ¼ cup light corn syrup
- ½ cup water
- ½ teaspoon vanilla
- 2 cups sugar
- 2 cups grated fresh coconut
- 9 tablespoons melted sweet chocolate

Combine the syrup, sugar, and water and cook over a low flame to soft ball stage. Cool to lukewarm, add the coconut and vanilla and beat and stir until creamy. Turn into a slab or platter and pat with the palm of the hand into a thin sheet (about ⅜ inch thick) or roll out with a rolling pin dusted with powdered sugar. Pour the chocolate over evenly, and, when cold, cut into squares.

COCONUT CONES

- 4 cups sugar
- ¼ teaspoon cream of tartar
- ½ teaspoon almond extract
- 1 cup water
- ½ teaspoon vanilla
- Grated coconut

Combine sugar, water and cream of tartar, stir until the sugar is dissolved, then cook, without stirring, to the soft-crack stage. Stir in coconut to thicken the mixture, so that it can be molded. Flavor with the almond and vanilla, and when cool, shape into cones and place on wax paper to dry.

COCONUT DAINTIES

1 large fresh coconut
1 egg white
½ teaspoon vanilla
4 cups sugar
½ teaspoon almond extract

Grate the coconut (first removing all brown skin), and set aside ½ cup. Co bine remaining coconut and sugar in a large saucepan with the water from t coconut and the beaten egg white. Cook over a low flame, stirring constant from the bottom of the pan until the mixture thickens. Remove from the fire, a the flavorings and beat until creamy. Drop by teaspoonfuls on heavy pape sprinkle with the reserved grated coconut and cool. Store in a cool, dry place.

If desired, 3 squares grated unsweetened chocolate may be added and cooke with the above ingredients.

NOUGAT

1 cup sugar
⅓ cup strained honey
¼ cup water
2 egg whites
⅓ cup light corn syrup
¼ teaspoon salt
¼ teaspoon vanilla
1 cup chopped *cashew* nuts

Combine sugar, corn syrup, honey and water. Cook, stirring only unt syrup reaches the very hard ball stage. Add salt to egg whites; beat stiff. Slow ly pour syrup over the egg whites, beating constantly with the rotary beate Add vanilla. Beat until stiff enough to hold its shape. Add nuts.

Drop by teaspoonfuls on greased pan or spread on buttered board and roll to centimeter thick. Cut into rectangles. If desired, dip the pieces in melte chocolate, or wrap in paper-thin wafers.

NOUGATINES

Short crust:

Cold water to moisten
⅓ cup butter
¾ cup flour

Filling:

⅓ cup butter
1 egg
2 tablespoons cake crumbs
Ground almonds
½ teaspoon almond extract
1 tablespoon chopped almonds
⅓ cup sugar

Prepare short crust pastry and line small molds. Prepare mixture by cre ing butter and sugar, the egg, cake crumb, ground almonds, and flavoring. Half f each pastry case with this mixture with chopped almonds, and bake in a moder oven.

COCONUT SNOW BALLS

1 coconut, grated
¼ cup condensed milk
¾ cup sugar
1 can Baker's day coconut
  or 1 small package dessicated
  coconut
6 egg yolks
1 tablespoon butter
1 tablespoon lemon extract

Mix grated fresh coconut with sugar in a pan and cook until sugar dissolve Add the condensed milk and continue stirring until thick. Gradually blend i the beaten egg yolks and add the lemon extract and butter. Cook over slow fir until the mixture is stiff to form balls. Remove from fire and form into sma round balls. Arrange on bonbon tray lined with a colored paper doily.

PRESERVES

BUKO AND *NANKA* PRESERVE
(Young Coconut and Jackfruit)

Select the coconut that is soft or "*malakanin.*" Grate with *makapuno* grater. Cut *nanka* into strips and pour boiling water.

Boil 2 cups sugar and 1 cup water, and add the *nanka*, then the *buko*. Cook for another 5 minutes. Remove from fire and pack in jars. Process in water bath for 30 minutes. Seal completely. This preserve may be used for ice cream preparation.

KAMYAS PRESERVE

Use fresh *kamyas*. Prick with a pin and slightly press the fruit by rolling with the palms of the hand. Continue rolling the *kamyas* until all acid juice is completely removed. Rinse in cold water and boil. Use copper kettle. Squeeze the meat. To 2 parts of sugar add ½ cup water and boil in a copper kettle. Add the *kamyas* and boil until thick. Let stand overnight and cook again until thick. Pack in jars and sterilize for 25 minutes. Then seal the jars tightly.

KAMOTE PRESERVE
(Sweet Potatoes)

Select various colors of newly-dug *kamotes*. Scrape the soil with a vegetable brush. Peel thinly. Do not include *kamote* attacked by worms. Cut the *kamotes* into pieces one inch thick. With a sharp-pointed paring knife, make petals out of the *camote* to form a rose design. Soak in weak lime water solution overnight. Next day, rinse very well in water. Pour hot water.

Prepare 2 cups sugar and 2 cups water. When nearly thick, add the *kamote*. Cook until done. Leave in the same syrup overnight. Next day, boil again. Pack attractively in a quart jar. Strain syrup. Remove air bubbles using the spatula. Seal partially and process in water bath for 10 minutes (or 5 pounds, 10 minutes in pressure cooker). When done, seal completely.

CARROT PRESERVE

½ kilo carrots

½ teaspoon salt

Select fresh, young carrots. Wash vegetables with brush to remove the soil. Scrape the skin. Cut crosswise with a sharp knife. With the vegetable carver, cut into fancy forms. Drop in hot water. When all done, pack in jars. Add the salt and pour boiling water. Seal partially and process in water bath for 80 minutes, (or 10 pounds for 10 minutes in pressure cooker). Seal tightly.

CITRON-MELON PRESERVE

6 cups sugar
16 pounds melon
6 lemons, thinly sliced

6 cups water
1 pound citron

Boil the sugar and water in a large kettle for 20 minutes; skim. Peel the melon, remove seeds and cut the fruit into pieces. Mix the prepared melon, citron and lemon with the syrup. Simmer about 2 hours or until the fruit is clear, then turn into hot sterilized jars and seal.

DAYAP PRESERVE

Use fresh and immature *dayap* only. With a sharp knife make a narrow cut about 2 millimeters apart, running spirally around the fruit. Remove the pulp from the inside without altering the shape of the fruit. Boil in a copper kettle containing water and some lime juice until the green color is preserved. Soak overnight in cold water in another container. Then boil once more in water and drain. Make syrup by boiling 1 cup of sugar and 1 cup of water. Add the *dayap* and boil until thick. Pack in jars. Seal partially and process in water bath for 20 minutes.

KUNDOL PRESERVE

Peel the fruit and open. Remove the seeds and cut into fancy shapes. Soak overnight in lime water. Next day wash very well and soak again in water. Boil plenty of water and drop in the sliced *kundol*. Drain in a colander. Place the *kundol* in copper kettle and add 1 kilo sugar. Boil until syrup is thick. Soak overnight in the syrup. Next day boil again and pack in jars. Expel air bubbles. Cover and seal partially. Process in water bath for 10 minutes. Seal completely.

JACKFRUIT PRESERVE

Select big segments of fresh, ripe jackfruit. Open the fruit and separate the segments. Remove the seeds from the segments. Blanch in boiling water and then put in cold water. Drain until dry. Pack in jars.

Prepare syrup. For every 2 cups sugar, add one cup water. Boil until very thick. Pour in packing jars. Expel air bubbles with the spatula. Pour more syrup. Seal partially and process in water bath for 30 minutes (or 10 pounds, 5 minutes in the pressure cooker).

MAKAPUNO PRESERVE

1 *makapuno*	1 kilo sugar

Grate the *makapuno*. To every cup of *makapuno*, add 2 cups sugar and ½ cup water. Boil until thick and *makapuno* becomes clear in appearance. Pack in jars and seal partially. Process in water bath for 30 minutes. Seal tightly.

MANGO PRESERVE

5 regular-sized ripe mangoes	1 cup sugar
½ cup water	

Select mangoes that are mature and fully ripe. Prepare syrup out of the water and sugar. When thick, lower the heat and let it boil until the mangoes are ready. Peel mangoes with a stainless knife. Scoop with a silver spoon. Arrange attractively in alternate layers in a clean preserving jar. Pour the hot syrup. With a spatula expel all the air bubbles. Fill jar with syrup. Seal partially and process in water bath for 25 minutes (or 5 pounds, 10 minutes in a pressure cooker). When the required time is reached, remove from the processer and seal tightly.

ORANGE PEEL PRESERVE

Use immature orange (*suha*) with a smooth peel. Peel very thinly the outer portion of the orange with a sharp knife. Cut lengthwise in 6 or 10 pieces. Soak in rice water and continue pressing the orange peel until it becomes soft. Change the rice water every time the pressing is done. This pressing is continuous until all the bitterness is removed. Squeeze off the water, then wash in cold water. Drop in syrup made by boiling 2 parts sugar to 1 part of water. Boil the orange peel until tender. Leave in the same copper kettle overnight. Next day boil again and pack in jars. Seal partially and process in water bath for 30 minutes (or 10 pounds, 5 minutes in pressure cooker). Seal completely.

PAPAYA PRESERVE

Select a newly picked, fresh papaya. Wash it and cut lengthwise. Remove the seeds. With a potato ball cutter, scoop the papaya very well. Drop in lime water and let it stay overnight. Next day rinse in cold water. Pour boiling water.

Prepare 4 cups sugar and 2 cups water. Stir until sugar melts. Add about 1 tablespoon red food coloring. Boil the mixture. When nearly thick, add the papaya balls. Continue cooking until the syrup is thick. Remove from fire and add another spoonful of red coloring. Soak overnight in the same syrup. The next day, boil again until thick. Pack the balls in 1 pint jar. Pour another clear thick syrup and seal partially. Process in water bath for 10 minutes. Use this preserve to decorate fruit salad and upside-down cake.

SANTOL PRESERVE

15 regular-sized *santols*
1 cup water
2 cups sugar

Select big and thick-skinned *santol*, if possible, sweet. Blanch the *santol* until soft. When done, place in a pan of cold water. With a sharp stainless paring knife, pare skin thinly. Put in a bowl with rice washing. When all done, cut a small portion at the bottom of the *santol* and remove the seeds with care. Make designs on the *santol*. When done, soak overnight in rice washing. Next day clean very well in water. Then pour boiling water. Drain very well until dry. Insert 1 *santol* in the decorated *santol*. Pack attractively in the preserving jar.

Prepare thick syrup out of the sugar and water. When done, pour in the prepared *santol*. Expel all air bubbles with a spatula. Fill jar with syrup. Seal jar partially and process in water bath for 30 minutes (or 5 pounds, 10 minutes in pressure cooker.) When done, remove from the processer and seal tightly.

STRAWBERRY PRESERVE

1½ kilos strawberries
6 cups sugar

Use firm, deep red berries. Wash, hull and weigh. Place in layers with sugar in large kettle and boil, stirring carefully to avoid crushing. Boil rapidly until clear. Pour into clean, hot jars and seal.

TOMATO PRESERVE

Select fully ripe tomatoes that are free from blemishes and spoiled spots. Blanch in boiling water for about 1 minute and dip at once in cold water. Peel. Then pack in jars and add ½ teaspoon salt. Seal partially and process in water bath for 25 minutes (or 10 pounds, 5 minutes in pressure cooker). Seal tightly.

JELLY

APPLE JELLY

Do not peel or remove the pits from the apples. Cut into quarters, and boil in enough water to cover them. Strain, and boil the juice with an equal amount of sugar and the rind of an orange or a lemon.

Usually, apple jelly is used to make sweets or to help set jellies or jams made with fruit which is not gelatinous. The fruit itself is then used in a marmalade.

STRAWBERRY JELLY

1 pound strawberries
2 cups sugar
1 cup boiling water

Pick ripe strawberries. Wash and drain. Cook in boiling water about 10 minutes. Force juice through a coarse sieve. Add sugar and continue cooking for 5 minutes or until the sugar is thoroughly dissolved. Pour into a 1-quart mold or into several smaller molds. Chill. Serve with meat, poultry or game.

Note: To store, turn the hot jelly into scalded jelly glasses and cover with paraffin.

DUHAT JELLY

Boil the ripe fruit with a small amount of water and extract the juice. To each cup of the juice, add 1 tablespoonful of lemon juice. To each cup of the mixed juice, add 1 cup of sugar and boil until the jellying point is reached. Transfer to a clean jar and cover. Next day cover with paraffin and adjust the cover.

GUAVA JELLY

5 *kalamansi*
1 kilo sugar
25 to 30 ripe guavas

Wash the guavas. Cut into thin slices. Place in a kettle and pour water just enough to cover the guavas. Boil until guavas are soft. Put in a jelly bag with the *kalamansi* juice. Hang overnight. Do not squeeze the bag. Next day, for every cup of the juice, add 1 cup sugar. Boil, skim and use test for jelly. When done transfer to a clean jelly jar. Remove bubbles and cover. Next day cover with paraffin.

TAMARIND AND PAPAYA JELLY

Cover 4 cups peeled ripe tamarinds with enough water to cover. Soak overnight. Drain the juice and set aside.

Boil the sliced green papaya in enough water to cover. Mash papaya slightly while cooking. After about 30 minutes boiling, strain in a jelly bag. Allow to drip. Set juice aside.

1 cup tamarind juice
1 cup papaya juice
1½ cups sugar

Mix all ingredients together and cook the mixture until the jellying point is reached. Transfer to a clean jelly jar and seal completely.

MARMALADE

GUAVA MARMALADE

Use well-ripened or overripe guavas. Slice and place them with little water in a kettle. Cook until soft, then press through a coarse sieve. Mix 1 cup guava pulp, ¾ cup sugar, and the juice of 1 lemon. Cook until thick, turn into sterilized jars, and seal.

MANGO MARMALADE

4 mangoes
2 apples
Sugar

Wash mangoes. Peel off the entire skin with a stainless sharp knife. Cut off the seeds. Then add the apples which are cut into strips. For each of the mangoes and apples, add 1 cup sugar. Boil and continue stirring to prevent it from scorching or burning. The consistency of the marmalade is right when the mixture is clear and drops and sheets from the spoon. Pack in hot sterilized jar and seal completely.

ORANGE MARMALADE

12 thin-skinned oranges
2 quarts water
3 lemons
Sugar

Wash and slice the oranges and lemons as thin as possible. Add the water and let stand overnight. Next day cook the mixture slowly until tender (2 to 2½ hours.) Measure the mixture, add an equal measure of sugar, and cook until the jellying point is reached. Turn into sterilized jars and seal.

QUICK ORANGE MARMALADE

2 juicy, seedless oranges
1 quart water
5 cups sugar
1 lemon
2½ tablespoons lemon juice

Lightly grate outer surface of oranges so that some bitterness may be out. Boil oranges briskly for 2 minutes in large kettle using plenty of water. Soak several minutes in ice-cold water. Then cut into small-sized chunks and place in large pot. Mince the rinds into lemon juice. Heat to a boil and stir in sugar until dissolved. Simmer for at least 2 hours.

Now test mixture for jellying quality by determining if it will "sheet," that is, form at least 2 drops of jelly which will hang on edge of spoon. If liquid will not sheet at the first test, continue simmering for several minutes longer and test again. Carefully remove any scum which may have collected on the surface of the mixture. Seal at once in hot, sterilized jelly glasses (1-pint sized), allowing ¼ inch at top for paraffin. Seal at once and store in cool, dry place.

SANTOL MARMALADE

10 *santols*
2 cups water
1 kilo sugar

Select thick-skinned *santols;* blanch until soft. When done, put in cold water. Peel thinly and remove the seeds. Cut the pulp into thin strips.

Mix pulp, seeds, sugar, and water. Let it boil until syrup thickens. Stir to prevent scorching or burning. The mixture is done when the seeds and peels are transparent in appearance. Pack in sterilized jar and seal tightly.

JAM

BANANA (*SABA*) JAM

4 cups ripe bananas (*saba*)
2 cups sugar
1 cup water

Boil the bananas. Mash them well, and set aside. Boil the sugar and the water, stirring constantly until it forms a soft, firm ball when tested in water. Add the mashed bananas. Continue stirring until it thickens. Form into balls or any desired shape. Roll in fine sugar.

GUAVA JAM

Use ripe fruits only. Peel thinly. Cut crosswise and scoop off the seeds. Mash the pulp and pass through a coarse *sinamay*. Do the same with the seeds. Combine the two strained mixtures. To 1 cup of the mixture, add 1 cup sugar. Boil until thick; pack in well-sterilized jars and seal tightly.

MANGO JAM

7 to 8 ripe mangoes
1 kilo sugar

Peel the ripe fruits; scrape the pulp lightly with a paring knife. For every cup of the pulp, add 1 cup sugar. Cook until thick and clear. Stir while boiling to prevent scorching or burning. Transfer while hot to a well-sterilized jar and seal it tightly.

MELON JAM

Peel and dice the flesh of a ripe melon; it should not be too ripe. Let stand for 24 hours in ½ pound sugar for each pound of melon. Drain the resulting juice and cook to thicken. Add the melon cubes, and continue boiling with the rind from an orange, until a kind of firm marmalade is obtained. Flavor with vanilla.

ORANGE JAM

Choose 12 oranges of good quality. Prick them all around with a fork, going right to the skin. Soak the oranges in cold water for 3 days, changing the water twice a day. Be careful that the oranges are always covered with water. The third day, the oranges are boiled whole in a large volume of water, starting with cold water. The cooking takes a long time. The oranges are cooked when a piece of straw can easily penetrate the skins. They are then put in cold water to drain overnight, to remove the bitterness. Drain well the next day. Cut the oranges into 4 or 6 "quarters" according to size. Remove the pits, and weigh the fruits. Add the same weight of preserving sugar. Moisten with the juice of 6 fresh oranges, add the cooked oranges, and boil together until the syrup sets. Skim well while boiling.

PAPAYA JAM

4 cups ripe papaya, mashed
4 cups sugar
2 cups water
3 spoonfuls *kalamansi* juice

Boil sugar and water to a thick syrup. Add *kalamansi* juice and mashed papaya, stirring continuously until it thickens.

PAPAYA-KALAMANSI JAM

1 cup mashed ripe papaya
¾ cup sugar
¼ cup chopped *kalamansi* peel and pulp

Peel the ripe papaya and wash. Open and remove all seeds; mash pulp and measure; to each cup of papaya, add ¼ cup chopped *kalamansi* peel and pulp (seeds removed) and cook, constantly stirring until it is thick. If it is to be kept long, pack in sterilized jars while boiling hot and seal air-tight; or sterilize (quart jars—30 minutes; pint jars—25 minutes) in boiling water.

PAPAYA-PINEAPPLE JAM

1 cup chopped pineapple
1 cup mashed ripe papaya
1½ cups sugar

Mix all the ingredients together in a copper vat and cook, stirring constantly when thick to avoid scorching. Cook until it reaches the right consistency of a jam. Pack in preserving jar and sterilize (quart jars—30 minutes; Pint jars—25 minutes in boiling water or 10 lbs., 10 minutes in a pressure cooker).

PINEAPPLE JAM

1 regular ripe pineapple
1 kilo sugar
1 pint jar

Peel and remove the eyes. Wash it very well and cut into small pieces. Chop it with a food chopper. Squeeze the juice and chop again until very fine. When done, mix juice and pulp. To every cup of pulp, add one cup sugar. Cook until thick and clear and transfer it while hot into a well-sterilized jar. Seal the jar tightly.

STRAWBERRY JAM

1 quart strawberries
3 cups sugar

Place strawberries in a kettle over heat. Crush as they heat. When strawberries boil, add sugar and cook quickly until thick (not over 20 minutes), stirring frequently to prevent burning. Pour into clean hot jars and seal.

TAMARIND JAM

1 cup tamarind
1 cup sugar

Select ripe tamarind. Soak overnight in plenty of water. Drain and put the soaked tamarind in a piece of *sinamay* and squeeze until all the pulp has come out. To each cup of tamarind, add one cup of sugar and boil until thick. Pack in well-sterilized jars and seal tightly.

TOMATO JAM

Remove the seeds from the tomatoes, and then slice them thin. Boil for 5 to 6 minutes. Drain and pass through a fine sieve. Weigh the purée. Use an equal weight of sugar and fruit. Boil the sugar until thick with a little vanilla; add the purée; and stir constantly to prevent burning. Boil for a long time, because this jam does not set by itself. If a little currant or apple juice is added, the jam is better and sets more easily.

Chutney

KAMYAS CHUTNEY

50 fresh *kamyas*
20 pieces Filipino onions
1 head garlic
1 piece ginger
2 hot peppers
2 cups brown sugar
2 teaspoons salt

Prick the *kamyas* with a toothpick until soft. Boil with a small rolling pin to remove the juice. Place in a bowl of water. Take hold of 3 *kamyas* and at the same time press lightly to remove the acid. Repeat this process three times.

Cut all the above ingredients into fine strips. Set aside.

Boil the vinegar, sugar and salt. Then add the *kamyas*. When nearly dry, add the rest of the ingredients. Cook until thick. Pack into a sterilized jar and seal completely.

(Note: *Kamyas* can be substituted with *balimbing*.)

MANGO CHUTNEY

4 mangoes
1½ cups brown sugar
1 small box raisins
1 tablespoon salt
3 segments garlic
⅔ hot pepper
Ginger

Pare mangoes and cut into thin slices. Cut ginger, garlic, and pepper into thin strips. For every cup of mangoes measured, make a syrup by boiling vinegar, sugar and salt. Boil until thick. Add the mangoes, garlic, and ginger and continue cooking until thick. Lastly add the pepper and the raisins. Cook for 5 minutes and pack in sterilized jars.

PINEAPPLE CHUTNEY

1 regular-sized pineapple
20 pieces Filipino onions
1 head garlic
2 hot peppers
3 cups brown sugar
2 teaspoons salt
Vinegar

Peel the pineapple and remove the eyes. Wash very well. Cut into small pieces and set aside.

Boil the pineapple, vinegar, sugar and salt. Continue boiling until nearly dry. Then add the rest of the ingredients. Continue cooking until thick. Pack in a sterilized jar. Seal completely.

APPLE CHUTNEY

4 cups apples
4 cups sugar
1 pound raisins
¼ pound mustard seeds
½ pound salt
1 cup blanched almonds
¼ cup chilies
4 cups vinegar
¼ pound green ginger
¼ pound garlic

Slice the peeled and cored apples into long and thin pieces; put them in a saucepan with 2 cups of sugar and a little water, and cook till very soft. When cold, put them in a bowl and mix in the other ingredients. Make a thick syrup with the remaining sugar and the vinegar, and pour over the apples. When cold put in bottles.

CHINESE DISHES

SOUP

CUY-LONG LOSON
(Chicken and Asparagus Soup)

1½ cups chicken broth
1 can asparagus
2 tablespoons sweet potato flour
½ tablespoon soy sauce
Breast of 1 chicken
A piece of fat pork
A piece of ham
Salt

Chop the flesh of the chicken with the fat of the pork and salt until a fine paste is formed. Dissolve this paste into a cup of cold chicken broth. Cut the asparagus into pieces 1 inch long, leaving the tips for decoration. Boil the hard parts of the asparagus in ½ cup chicken broth. Thicken this with the sweet potato flour and ½ tablespoon soy sauce. To this add the dissolved chicken paste. Serve in appropriate cups decorated with asparagus tips and the finely chopped ham. Add a little salt to taste.

CUY LONG YAN OH
(Chicken Soup with Bird's Nest)

Breast of 1 chicken
1 cup *kamote* flour
½ cup ham, chopped
2 cups chicken broth
1 tablespoon soy sauce
¼ kilo bird's nest

Soak the nest 1 day before it is used. The next day, clean the nest and pull the fins. When the nest is already cleaned, transfer into another bowl with water.

Chop the meat of the breast of a chicken, dilute the chopped meat with cold chicken broth, 1 cup *kamote* flour and chopped ham. Drain the clean nest and place into a cup with boiled water. Steam for ½ hour.

Before serving, boil 2 cups of chicken broth, thicken with 2 tablespoons *kamote* powder and 1 tablespoon soy sauce, then add the chicken meat diluted with chicken broth and lastly the cooked meat. Place the soup in appropriate cups and decorate the surface with chopped ham. Serve hot. Season with salt.

SAN SI YU CHI
(Shark's Fins)

¼ kilo dried shark's fins
⅓ kilo chicken meat
1/6 kilo bamboo shoots
⅛ kilo ham
4 tablespoons fat
Garlic
Stock
Salt
Soy sauce

Soak the shark's fins in water for 20 hours. Put them in a large saucepan with plenty of water and 1 clove garlic; bring to a boil; then simmer for 4 hours. When done, drain and remove the meat from the fins. Put the fins in a bowl, and steam for 2 hours. Remove the fat and dry the shark's fins thoroughly. Cut the chicken, ham, and bamboo shoots into very thin slices. Put the fins in a saucepan, cover with stock and boil for 5 minutes. Add the chicken, ham, and bamboo shoots and boil for another 5 minutes. Add a little salt and a few drops of soy sauce.

JOTOTAY

1 chicken
6 *balatan*
12 tendons of pork
12 shrimps
4 tablespoons *kamote* flour
1 tablespoon lard
1 tablespoon ginger, cut into slices
1 tablespoon garlic
¼ kilo pork
1 egg
2 tablespoons cornstarch
3 tablespoons soy sauce
½ cup mushrooms
¼ cup *apulid* (water chestnuts)
Pinch of salt

Soak *balatan* in water, boil it and clean very well. Boil also 12 tendons of pork until tender. Clean and peel 12 shrimps; dip the flesh in 2 tablespoons *kamote* flour, then drop in boiling water. Clean 1 chicken and boil until tender. Grind ¼ kilo pork, mix with a pinch of salt, 1 egg and a little *kamote* flour. Form small balls. Roll the balls in cornstarch then drop in boiling water. Cut the *balatan* into pieces. Sauté the *balatan* in 1 tablespoon lard and pieces of ginger and garlic. Season with soy sauce and add a small quantity of water. Boil until tender. Same must be done to the tendons. Prepare ½ cup mushrooms and some *apulid*. Sauté the garlic, onion, the cooked *balatan*, tendons and the chicken meat in 2 tablespoons lard, and season with salt. Add the chicken broth and also the broth from the cooked *balatan* and tendons. After boiling well, add the mushrooms, *apulid*, the chicken balls and shrimps. Boil in slow fire. Serve hot.

FISH

CHO LOW YU
(Fish with Sour-Sweet Sauce)

1 kilo fish
½ cup finely sliced cucumber
½ ounce Chinese pickled onions
¼ cup onions
2 tablespoons sliced ginger
2 dozen fine slices of lemon peel
2 cloves garlic
1 cup vinegar
½ cup sugar
1 tablespoon cornstarch
Celery
Salt
Pepper
Soy sauce
2 tablespoons water

To prepare the sour-sweet sauce, put the crushed garlic in a hot oiled pan with a little salt, and cook for 2 or 3 seconds. Remove from fire and add the vinegar, sugar, a few drops of soy sauce, a little cornstarch moistened with water, and pepper. Boil again for a few minutes.

Clean the fish and fry. Drain and put on a dish. Slice the ginger and onions 1½ inches long. Warm the sour-sweet sauce and, when boiling, add the cucumber, onions, ginger, and lemon peel, and cook for 5 minutes. Pour the sauce over the fish. Garnish with celery and serve hot.

CHU YE (Fish Balls)

1 *bidbid* or any fish
3 egg whites
3 tablespoons *kamote* flour
¼ cup ham
¼ cup *apulid* (water chestnuts)
¼ cup mushrooms
Salt

Remove the scales of the fish. Clean it well. Then open the fish at the back and separate the flesh from the fins. Place the flesh in a bowl; add egg whites, then *kamote* flour and enough salt. Cut the ham, *apulid* and mushrooms into small pieces and mix together with the fish and form small balls. Drop the fish balls in boiling water until they float. Soak the balls in cold water.

Prepare whole mushrooms, water chestnuts in circles, and ham in strips. Boil all together with the broth of the fish, then drop the fish balls. Serve hot.

CONCHA JI-KUI
(Fish with Chicken)

1 fish (*alumahan*)
¼ kilo pork
4 eggs
4 tablespoons *kamote* flour
¼ cup ham, chopped
Salt
Chicken meat

Clean 1 fish (*alumahan*) or any other fish. Separate the meat, chop this with a piece of pork, pinch of salt, until a fine paste is formed. Add 2 egg whites and 2 tablespoons *kamote* flour. Beat 3 egg yolks and make a fine omelet. Extend the omelet on a platter and spread the fish paste on it. Place egg whites on the surface.

Chop chicken meat with a piece of pork; add salt. When a paste is formed, add 1 egg, then spread this paste over the fish paste and put 1 egg white on the surface again. Decorate with chopped ham. Steam this for 20 minutes. When cold, cut into pieces 2 inches long, 1 inch wide. Fry the pieces in hot lard. Serve with pickled onions.

KUY-JOY-JICHI
(Fins with Eggs)

2 shark's fins
¼ cup ham
¼ cup *apulid*
¼ cup mushrooms
3 eggs
3 tablespoons soy sauce
2 stems green onions, cut fine
3 tablespoons lard
Chicken meat

Soak the shark fins, then boil 5 times with vinegar. Clean and remove the bony parts. Boil again with chicken broth. Separate the cooked shark fins and soak in soy sauce and vinegar.

Cut the chicken meat, ham, *apulid* and mushrooms into squares, then the green onions. Sauté all these ingredients in lard, then add the shark's fins. When cooked, mix 3 beaten eggs until dry. Season with soy sauce. Serve hot.

PIGEON

WHY GEE GOB
(Steamed Pigeons)

2 pigeons
2 pieces of pork
1 celery
Chicken stock
Wine
Soy sauce
Salt

Wash the pigeons and put them in a bowl. Add the pork, celery stalk and season with a little salt. Cover with sufficient stock and steam for 2 hours in a double saucepan. When done, add a few drops of wine to the stock and serve hot with soy sauce.

CHICKEN

ANG SAO PAAJI
(Abaloni with Chicken)

1 can *abaloni*
¼ cup cooked ham
¼ cup mushrooms
¼ cup *apulid*
2 tablespoons *kamote* flour
2 green onions, cut fine
2 tablespoons vinegar
2 tablespoons soy sauce
2 pieces *caramelo* or 3 tablespoons sugar
Breast of 1 chicken
Salt and pepper to taste

Cut the *abaloni* into fine strips, then fry in very hot lard; remove from the lard. Cut the chicken meat, ham, mushrooms and *apulid* also in fine strips and boil all of these in chicken broth; then add the vinegar, soy sauce and *caramelo* diluted with water. Thicken with *kamote* flour. Before serving, garnish with ham and green onions.

CANCHA CHUBI CUY
(Stuffed Chicken)

1 chicken
¾ cup mushrooms
¼ cup ham
⅔ cup *malagkit* (rice)
½ tablespoon soy sauce
¼ cup *apulid* (water chestnuts)
¼ cup bamboo shoots
1 onion
Salt and pepper to taste
Ginger

Clean and bone the chicken. Cut mushrooms, ham, *apulid,* bamboo shoots and onion into squares.

Wash *malagkit* very well. Sauté in a little lard, then add all ingredients and ½ tablespoon soy sauce. Fill the chicken with this mixture and sew. Cook in double boiler with pieces of ginger and pearl onions until tender. Before serving fry the chicken.

CHUA LOO CUY
(Chicken with Pechay)

1 chicken
3 tablespoons soy sauce
½ tablespoon *kamote* flour
Salt
Pechay

Clean a very fat chicken. Soak in soy sauce, fry in very hot lard until golden brown. Cut the fried chicken into small pieces, then place the pieces on platters for steaming.

Boil good *pechay* leaves in chicken broth, add chicken, then the sauce. Thicken with *kamote* flour. Serve hot.

GAR LU GAI CHOP SUEY
(Special Chicken Chop Suey)

¾ pound bean sprouts
¼ pound thinly sliced bamboo shoots
¼ cup mushrooms
¼ cup thinly sliced onions
3 thinly sliced tomatoes
½ pound thinly sliced chicken
1 egg
Salt
Cornflour water
Lard
Soy sauce

Soak the mushrooms in hot water for 15 minutes, remove the stalks, and cut into thin slices. Sprinkle a little salt in a hot oiled pan; put in the chicken meat and cook for 5 minutes. Add the bamboo shoots, the bean sprouts, the onions and mushrooms and cook for another 5 minutes. Add the tomatoes, sprinkle with a little cornflour water and 3 tablespoons lard and cook for another 5 minutes. Put on a hot dish and place over it an egg, previously well-beaten and cooked in a hot oiled pan. Serve with soy sauce.

JING GAI
(Steamed Chicken)

- 1 chicken, cut into small pieces
- 1 ounce of thinly sliced mushrooms
- 1 thinly sliced spring onion
- ½ cup thinly sliced cabbage
- 4 pieces of dates
- Wine
- A few slices of ginger root
- *Kamote* flour
- Peanut oil
- Celery
- Mustard
- Soy sauce

Mix all the ingredients, adding a little *kamote* flour, peanut oil and wine; put on a dish and steam for 40 minutes. Garnish with celery and serve with mustard and soy sauce.

SO CUY

- 1 chicken
- 4 tablespoons *kamote* flour
- ¼ cup ham, chopped
- ⅛ kilo fat of pork
- 2 eggs
- Salt

Bone one chicken. Open at the back so that it can be easily extended on the chopping board. Separate the meat from the bones. Chop the chicken meat into pieces then sprinkle with salt and a little *kamote* flour. Grind the meat of the chicken together with fat of pork, pinch of salt until a fine paste is formed. Mix 2 egg whites and 2 tablespoons *kamote* flour. Mix thoroughly. Spread the mixture on the extended skin of chicken. Make the surface smooth and spread over it 1 egg white and decorate with chopped ham. Steam for 15 minutes. When already cool, cut into pieces 1 inch wide and 2 inches long. Arrange well in cups. Before serving, steam again. Season with salt and pepper.

DUCK

DON JUN ARP
(Steamed Duck)

- 1 young duck

Filling:

- 3 tablespoons mushrooms, cut into small cubes
- 3 tablespoons soy sauce
- ¼ cup *apulid*
- ¼ cup bamboo shoots, cut into small cubes
- A few drops of ginger root juice
- Salt and pepper to taste

Clean and bone the duck, being careful not to tear the skin. Salt the duck; then stuff with the filling and lay aside for 1 hour, then moisten with the ginger root juice and a cup of stock. Sew up to the neck of the duck and steam for 2½ hours in a double saucepan.

PORK

CHAN FAR YOOK YUN
(Fried Meat Balls)

1 pound pork (about 70 per cent lean and 30 per cent fat)
¼ pound water chestnuts
½ cup crab meat
¼ cup mushrooms
½ cup cornflour
2 eggs
Pepper
Salt
Sugar
Soy sauce

Chop the pork, the mushrooms, and the water chestnuts very fine and mix with the crab meat. Season with a little pepper, salt and sugar. Roll into balls about 1½ inches in diameter. Put the cornflour in a bowl and roll the meat balls in it, so that they are well-coated. Beat 2 eggs and mix with a little water. Coat the meat balls with this and cook for 15 minutes in a large saucepan of boiling oil. Serve with sweet-sour sauce.

CHUA-PAY-CUT

¼ kilo pork
½ cup vinegar
2 tablespoons *kamote* flour
½ cup *apulid* (water chestnuts)
⅛ cup mushrooms
6 tablespoons soy sauce

Cut the pork into fine slices, marinate with vinegar and soy sauce for ½ hour. Add the *kamote* flour and mix well, then fry in very hot lard. When golden brown, drain from the lard and serve with *apulid*, cut into round shapes sautéed in lard with whole mushrooms. Serve as appetizer.

JU YOOK CHOP SUEY
(Pork Chop Suey)

2 cups bean sprouts
¼ cup mushrooms
½ cup bamboo shoots
⅓ cup onions, sliced
½ kilo pork (boiled)
Salt
Cornflour water
Peanut oil
Stock
Sugar
Soy sauce

Soak the mushrooms in hot water for 15 minutes, remove the stalks and cut the mushrooms in halves. Cut the bamboo shoots, the meat, and the onions into pieces. Sprinkle a little salt. Sauté in a hot oiled pan, the bamboo shoots, the onions, the mushrooms and cook. Next add the bean sprouts, and the meat, sprinkle with a little cornflour water, a few drops of soy sauce, and cook for about 5 minutes. Add a cupful of stock, a little sugar, and a few drops of peanut oil. Cook for 5 minutes and serve with soy sauce.

QUIAM-ANGSIO-BECHI
(Meat Balls with *Apulid*)

½ kilo ground pork
2 pieces ham, cut into cubes
3 eggs
2 teaspoons salt
3 tablespoons *kamote* powder
4 mushrooms, sliced

Mix all the above ingredients and form into balls. Steam for 15 minutes. When done, cool. Beat the eggs and dip each ball, then fry in deep fat until brown. Arrange on the serving plate and garnish with green onions. Serve while hot.

TIN SUIN PAI KWE
(Pork with Sweet-Sour Sauce)

1¼ pounds cutlets
½ cup mixed pickles
2 cups flour
2 eggs
2 cloves garlic
½ cup vinegar
½ cup sugar
Soy sauce
Cornflour water
Salt and pepper

To prepare the sour-sweet sauce: Sprinkle a little salt in an oiled frying pan, and cook the crushed cloves of garlic for 1 second. Remove this from the pan, and add the vinegar, sugar, a tablespoon of soy sauce, a little cornflour water, and little pepper.

Cut the cutlets into pieces 1½ inches long and ¾ inch wide; add salt and pepper and coat with flour, then dip in the eggs, well-beaten with little water. Fry in a large saucepan of boiling oil for 15 minutes or until golden brown. Drain thoroughly. Heat the sweet-sour sauce and when boiling, add the pork and mixed pickles, stir for 5 minutes and serve.

CRAB

CHIN—LOO—SHENG
(Crabs with Sweet-Sour Sauce)

6 fresh crabs
2 tablespoons *kamote* flour
1½ tablespoons soy sauce
4 *caramelos* or 3 tablespoons sugar
4 tablespoons vinegar
A clove of garlic
Green onions
Lard
Salt to taste
A piece of ginger

Clean the crabs, remove the small extremities and cut them into quarters. Slice the ginger and garlic into thin strips and cut the green onions into pieces one inch long. Mix 4 *caramelos* with 4 tablespoons vinegar and 2 tablespoons *kamote* flour. Melt 1 tablespoon lard in the frying pan; drop into it the slices of ginger, garlic and the crabs; pour about 2 cups of chicken broth. Stir and cover until the crabs are cooked; then the mixture of vinegar and *caramelo* and 1½ tablespoons soy sauce. Thicken with *kamote* flour. When done, add the green onions.

CHUCHAY—CHAY—AH
(Crab Empanada)

Paste:

2 cups sifted flour
4 tablespoons clean lard
4 tablespoons sugar
A little chicken broth

Place the flour on the table and mix the sugar; make a hole in the middle of the mixture and add the lard and the chicken broth to form a paste or dough. Knead. Roll and cut into small squares.

Filling:

1 cup cooked crab meat
2 pieces ham
½ cup *liempo*, ground
½ cup bamboo shoots
3 pieces water chestnuts
3 pieces mushrooms
2 segments garlic
1 small onion
Piji, cut into squares
Soy sauce

Sauté the garlic and onions in 1 tablespoon lard, then add all the other ingredients, adding the crab meat last and the *piji* toasted with a little soy sauce. Stuff the small squares of paste (dough) with the prepared filling and form *empanaditas*. Fry in hot lard. Serve as appetizer.

SHRIMP

GUIOG-PHEJI
(Stuffed Shrimps)

- 25 big shrimps
- 1 cup pork, ground
- 1 onion, chopped
- 2 eggs
- 2 pieces ham
- 5 pieces water chestnuts
- ¼ cup bamboo shoots
- ¼ cup *kamote* flour
- ¼ cup mushrooms
- Meat of 1 chicken
- *Ticuy* wrapper
- Green onions
- *Unto sinsal*
- Salt and pepper

Clean and shell the fresh shrimps, leaving the tails; open at the back to remove intestinal veins. Salt the shrimp meat and set aside. Prepare the filling as follows:

Chop the chicken meat and the pork. Mix together the same quantity of chicken meat and pork with a pinch of salt and chopped onion. Add the *kamote* flour and the eggs and season with salt and pepper. Cut the bamboo shoots, ham, water chestnuts and green onions into fine strips. Fill the shrimp with this mixture and add 1 tablespoon of the mixed chicken and pork meat. Wrap in a square of *unto sinsal* and *ticuy* wrapper. Dip the stuffed shrimp in *kamote* flour with eggs and water, then fry in hot lard.

JE-CHIN-COLICHAY-LOO
(Shrimps with Cauliflower)

- 3 medium-sized cauliflowers
- ½ kilo boiled crabs
- 1 cup fresh shrimps
- 2 eggs
- 2 tablespoons *kamote* flour
- ¾ cup chicken broth
- 2 tablespoons soy sauce

Clean and peel the branches of the cauliflower, then cut into small pieces. Boil in water with salt until cooked. Drain. Separate the meat of cooked crabs. Peel the shrimps and open the back to remove the intestinal veins. Dip the shrimps in 2 egg whites mixed with 2 tablespoons *kamote* flour. Cook in boiling water and then dip in cold water. Boil the cauliflower in the chicken broth, then add the shrimps and crab meat. Thicken with *kamote* flour. Season with soy sauce.

QUIM-CHI-JE
(Stuffed Shrimps)

- 30 fresh shrimps
- 1 breast of chicken, boiled
- 2 slices of pork
- Chopped ham
- 2 eggs
- 2 tablespoons *kamote* flour
- Green onions
- Salt to taste

Peel 30 shrimps; open at the back and remove the intestinal veins. Grind the chicken meat and the pork with a pinch of salt until fine. Mix 2 egg whites and 2 tablespoons *kamote* flour. Fill the cut shrimps with the ground mixture and decorate the top with chopped ham and green onions. Steam the stuffed shrimps. When cooked, cool the shrimps and dip in beaten egg whites and fry.

OYSTER

CHOW HO SI SONG
(Fried Minced Oysters)

2 cups oysters
¼ cup bamboo shoots
¼ cup water chestnuts
¼ cup mushrooms
½ cup lettuce
Cornflour water
Salt and pepper
Soy sauce

Clean the oysters. Soak the mushrooms in warm water for 15 minutes to remove the stalks. Chop into small pieces the bamboo shoots, water chestnuts and the mushrooms. Put all in a hot oiled frying pan together with the oysters and cook for 15 minutes; then add a little cornflour water.

Chop the lettuce, put it in a bowl and add the oyster mixture. Serve with soy sauce.

HONG MAN HO SI
(Stewed Oysters with Mushrooms)

2 cups oysters
4 ounces roasted pork
2 ounces bamboo shoots
4 tablespoons dried mushrooms
1 cup stock
1 tablespoon *kamote* flour
1 clove garlic
Soy sauce
Salt and pepper

Clean the oysters in warm water. Soak the mushrooms in warm water for 15 minutes and remove the stalks. Cut the pork and bamboo shoots into pieces about 1 inch long and ½ inch wide. Sauté 1 clove garlic in a hot oiled pan for 2 or 3 seconds. Remove, put the mushrooms in the pan, and cook for 5 minutes. Then add the oysters, roasted pork, bamboo shoots for 15 minutes. Remove from the pan and transfer all to a saucepan with sufficient stock to cover. Bring to boil; then simmer for an hour. Add *kamote* flour diluted with water, a few drops of soy sauce, salt and pepper to taste.

PANSIT

PANSIT SUN YAT SEN

2 cups sifted flour
6 tablespoons chicken broth
2 beaten eggs
1 tablespoon soy sauce

Knead well and cut.

Other ingredients:

¼ kilo liver
6 water chestnuts
2 pieces ham
1 small cabbage
Meat of the breast of 1 chicken
Green onions
¼ kilo cooked shrimps
½ cup mushrooms
2 stems celery
1 small carrot
3 tablespoons soy sauce
Lard
¼ kilo *chicharó*

Cut the chicken meat into fine strips. Dip the opened shrimps in a mixture of egg whites and *kamote* flour and put in boiling water, then in cool water.

Fry garlic until golden, then sauté all the other ingredients in the lard where the garlic was fried. When already cooked, add sufficient broth and thicken with 3 tablespoons *kamote* flour.

Fry garlic again, then add 3 cups chicken stock; when boiling put the prepared *pansit* noodles. Place cooked *pansit* on platters and on top place all the cooked ingredients. Serve hot.

CHOW SAN MIN

- 3 bundles of fresh noodles
- 1 ounce mushrooms
- 3 ounces thinly sliced bamboo shoots
- 6 ounces thinly sliced chicken
- Cornflour water
- Peanut oil
- Spring onions
- Soy sauce

Put the noodles in a saucepan of boiling water for ½ minute; remove from the saucepan and place under running cold water until quite cool. Soak the mushrooms in hot water for 15 minutes; remove the stalks, and cut the mushrooms into thin slices. Put the noodles in a hot oiled pan for 1 minute, turning them frequently. Place them on a dish. Cook the chicken in a hot oiled pan, add the mushrooms and bamboo shoots, then add the cornflour water and the oil and soy sauce and cook for 5 minutes. Pour this mixture over the noodles and garnish with finely sliced spring onions.

GAI SEE CHOW MIN

- 3 bundles of noodles
- 1 cup onions, thinly sliced
- 1 ounce mushrooms
- 4 bamboo shoots, thinly sliced
- 6 ounces thinly sliced chicken meat
- Lard
- Peanut oil
- Salt
- Pepper
- Soy sauce

Roll the noodles in a little lard and steam in a sieve for 25 minutes. Soak the mushrooms in hot water for 15 minutes. Remove the stalks and cut the mushrooms into thin slices. Put the chicken, the onions and mushrooms into a hot oiled pan and cook for ½ minute, turning the ingredients all the time.\ Add the bamboo shoots and the cooked noodles. Cook for 2 more minutes, mixing well with the other ingredients, and season with a little salt, pepper, and a few drops of oil. Serve hot with soy sauce.

SHRIMP CHOW MIN

- 1 kilo noodles (fried)
- 1 pound raw shrimps
- 2 tablespoons soy sauce
- 1 medium can water chestnuts
- 1 tablespoon soy sauce
- 2 tablespoons oil
- 2 cups sliced onions
- 2 or 3 teaspoons cornstarch
- 2 tablespoons cold water
- 2 cups sliced celery

Rinse the shrimps, then parboil 2 minutes in boiling salted water. Drain, remove the shells and black intestinal veins. Rinse quickly and dry, then fry in the oil in a heavy saucepan for 5 minutes, turning to cook both sides. Add 1 tablespoon of the soy sauce; remove from the pan, and keep warm. Add to the oil remaining in the saucepan, the onions, celery, and soy sauce, and the liquid from the chestnuts or bean sprouts. Cover and cook just until the vegetables are readily pierced with a knife or about 20 minutes. Add the chestnuts or bean sprouts and the shrimps. Moisten the cornstarch with water; add to the mixture in the pan, and stir until slightly thickened. Serve very hot over the hot fried noodles and garnish with strips of green pepper. Serve soy sauce separately.

LUMPIA

LUMPIA MANDARIN

Plain Pastry:

2 cups flour
¼ cup shortening
1 tablespoon salt
1 teaspoon baking powder
Salt

Sift dry ingredients together. Cut in shortening with knives. Add cold water slowly enough to hold dough together. Knead and roll out thinly. Cut into pieces about 3 inches long and 2 inches wide.

Filling:

1 onion, minced
2 tablespoons chopped ham
½ cup chopped pork
1 cup chopped shrimps
½ cup finely diced *apulid*
¼ cup finely diced carrots
Butter

Sauté the onion in butter. Add the chopped shrimps and pork. Cover and allow to simmer. When almost done, add the carrots, ham and *apulid*. Continue to simmer until all the ingredients are cooked. Season with salt and pepper.

Fill the prepared dough with a tablespoon of the mixture. Moisten the ends and roll, forming small *lumpia*. Close both ends lengthwise by pressing them with the fingers. Prick the surface with a toothpick and allow to cool for a few minutes in refrigerator. Fry in hot fat until golden brown and serve with sweet-sour sauce.

SIO-MAY
(Steamed Lumpia)

Paste:

2 cups sifted flour
2 tablespoons lard
Chicken broth
Salt

Mix the flour, lard, salt, and sufficient chicken broth to form the paste. Knead and roll, then cut into pieces. Roll the pieces, then cut into round pieces and form the *sio-may*.

Stuff with the following filling: Peel 15 shrimps, cut into fine squares the mushrooms, *apulid*, and ham. Chop ⅛ kilo *liempo* and then sauté with 1 tablespoon lard, and add the green onions and all the other ingredients. Season with ½ tablespoon soy sauce. Remove from fire, add 1 egg and 1 tablespoon *kamote* flour. When the *sio-may* is already prepared, sprinkle water over them. Steam for 1 hour. This is served as an appetizer.

SUN PIA

(Lumpia Labong)

Cut into fine strips:

8 pieces of Chinese *labong*
2 pieces of *tokwa*
2 pieces *liempo*
½ cup shrimps
¼ cup mushrooms
6 water chestnuts
2 pieces ham
½ cup *chicharó*
Piji
Pearl onions
Salt and pepper

Brown the *piji* with a little lard, remove from pan, then brown the *liempo*, shrimps, and *tokwa*. Sauté with garlic, onions and all the other ingredients. Season with soy sauce, add the shrimp juice and cook until it is dry. Lastly, add the *chicharo*. When cool, wrap in *lumpia* wrapper, put pearl onions in the middle. Dip the wrapped *lumpia* in a mixture of flour with 2 eggs before frying in very hot lard. Serve with sweet-sour sauce prepared by cooking the following over slow fire:

2 cups broth
4 tablespoons vinegar
4 tablespoons *kamote* flour
4 tablespoons soy sauce
4 pieces *caramelo* or 3 tablespoons sugar

LUMPIA MAKAO

Filling:

½ kilo ground pork
6 tablespoons soy sauce
3 eggs
½ tablespoon pepper
6 tablespoons chopped garlic
3 Chinese sausages (cut into small pieces)
½ cup cornstarch
2 tablespoons salt

Pastry:

2 cups flour
½ cup lard
1 tablespoon salt

Sift flour and salt. Cut in shortening. Add water to form a dough. Knead and roll out thinly. Cut into pieces 2 inches square. Lay aside.

Mix all ingredients together for filling. Then put filling in center of the prepared pastry. Enclose by folding edges. Cut sausage into pieces and garnish top. Steam.

Instead of pastry, *lumpia* wrapper can be used. Divide the wrapper into two pieces. Put one tablespoon on the divided wrapper, roll, open one end and steam.

ANGSIO YUCHI
(Kidney Loaf)

4 kidneys of pig
2 eggs
2 tablespoons *kamote* flour
Mushrooms

¼ cup *apulid*
¼ cup *labóng*
¼ cup onions, sliced
2 tablespoons salt

Clean 4 kidneys of pig. Cut the kidneys, the mushrooms, *apulid, labóng* and onions into strips. Mix all of them and add 2 eggs and 2 tablespoons sweet potato flour and season with salt. Wrap in *sinsal* and *ticuy* peels. Dip into the flour diluted with 2 eggs. Then fry. Once fried, cut into pieces. Serve hot.

QUINCHI—QUIMSY
(Stuffed *Balatan*)

12 *balatan*
¼ cup fat of pork
3 eggs
¼ cup ham, cut into strips
Breast of 1 chicken

3 cups chicken broth
2 stalks green onions
1 tablespoon crushed ginger
3 tablespoons sweet potato flour
2 tablespoons salt

Soak the *balatan* overnight. Boil them the next morning until tender. Remove from fire. Open each and take off the intestines. Clean well and rinse with salt. Boil again with green onions and ginger until they are soft. Chop the meat of the breast of the chicken with a little fat of pork until a fine paste is formed. Season with salt, then add the egg whites and sweet potato flour. Stuff with this mixture the cooked *balatan* putting a strip of ham in the middle. Steam for 20 minutes. Before serving, cut the *balatan* into pieces 1 inch long. Arrange well in a cup and steam again. Transfer to bigger serving cups and add the chicken broth. Season with salt.

SIE-SIC-CHAY-CHONG
(Bouquet of Four Colors)

1 small head of cabbage
2 tablespoons sweet potato flour
Meat of the breast of 1 chicken
Fat of pork
Pinch of salt

2 egg whites
¼ cup ham, cut into strips
¼ cup mushrooms, cut into strips
¼ cup water chestnuts

Select good cabbage leaves and put in boiling water for a few minutes, then cut into squares. Chop the chicken meat together with the fat of pork and salt. Form a fine paste. Mix this paste with the egg whites and the sweet potato flour.

Cut the ham, water chestnuts and mushrooms into strips. Make omelet with the egg yolks separately from the white. Cut the omelet into strips. Extend the square leaves of cabbage and on them spread the chicken paste. In the middle, place the four colors of ham, mushrooms, the yolk omelets and water chestnuts. Roll and place them on a tray and cook in double boiler for 15 minutes. When cool, cut into pieces 1-inch long each. Before serving, steam again for 15 minutes, then place in cup with sufficient broth to taste. Serve hot.

LOONG HAR JAR MIN

(Lobster Fried with Noodles and Vegetables)

½ pound of lobster
½ pound of bean sprouts
¼ cup of mushrooms
Cornflour
Salt
Soy sauce
3 bundles of fresh noodles
¼ pound of bamboo shoots
Water
Pepper

Put the mushrooms in hot water and soak for 15 minutes. Remove the stalks and cut the mushrooms into fine slices. Also cut the bamboo shoots, the onions, and lobster into thin slices. Put the noodles in a large saucepan of boiling oil and cook for a few seconds only. Remove at once, drain, and put on a hot dish. They should be quite crisp.

Put the lobster in a hot-oiled pan and cook for 1 minute. Cook the bamboo shoots, the bean sprouts, the mushrooms, and onions in the same manner for 1 minute, and season with a little salt and pepper. Then add to the vegetables a little cornflour water and a few drops of soy sauce. Cook for 1 minute. Place over the noodles and serve with soy sauce.

DESSERT

HING-LING-LOO

(Cream of Almond)

½ cup (jinglin) Chinese almonds
2 cups water
1½ cups sugar
Gulaman

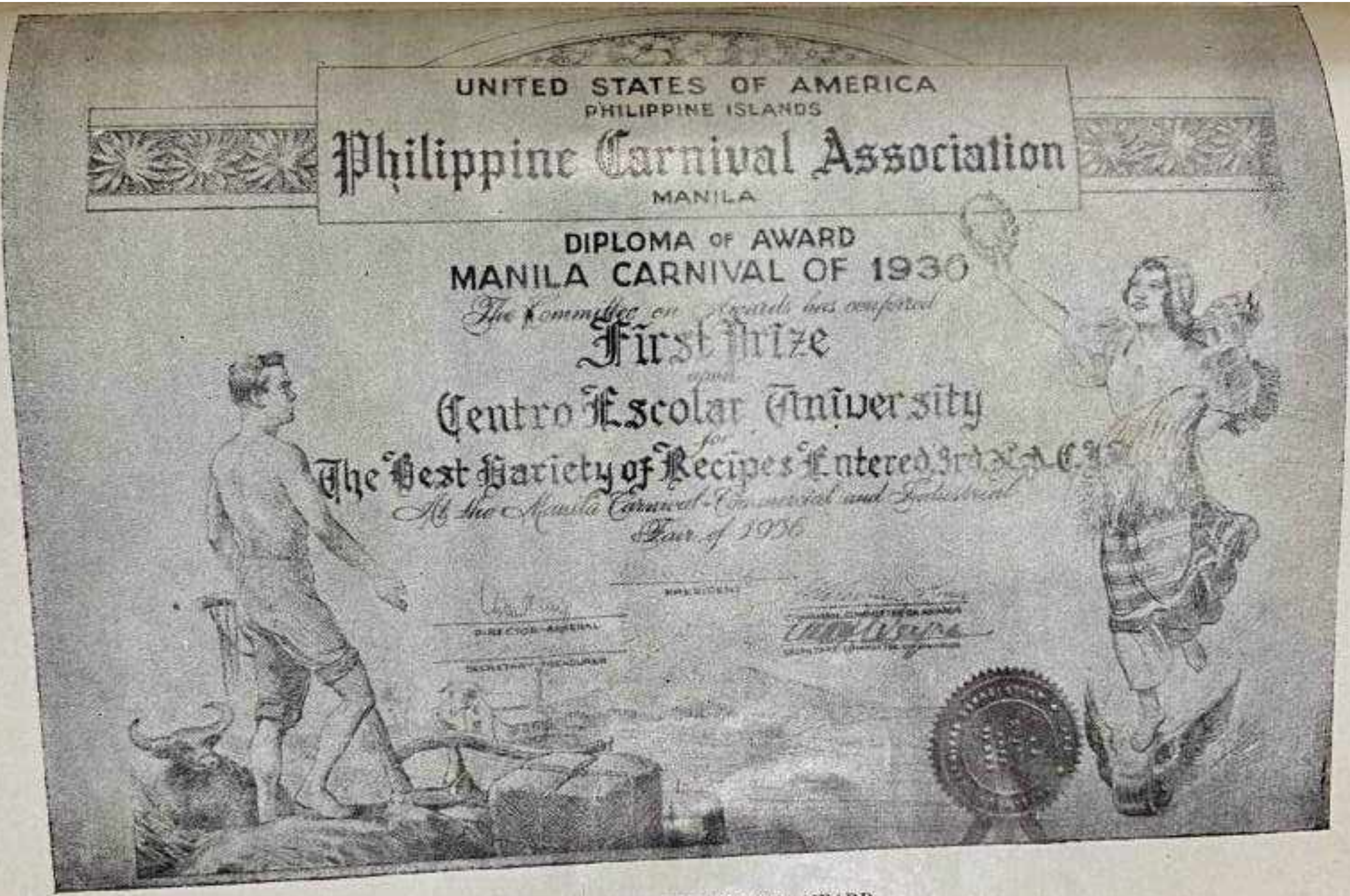
Soak the almonds in boiling water to take off the skin. When clean, grind them. Put the ground almonds in 3 cups water and add the sugar. Boil the mixture to dilute the sugar. Separately boil *gulaman* with ½ cup water. When diluted, mix with the almonds and boil again. Cool and place in appropriate containers.

Serve as desserts with pieces of ice.

OH CHOO

(Gabi Dessert)

Pare 1 small Chinese *gabi,* cut into fine pieces and cook in double boiler until it is tender. When tender, mash it in a bowl with a wooden spoon. Add 1 cup white sugar, a little *tangcuy* or Chinese *kundol*, chopped with a little fat of pork, 3 eggs and 3 tablespoons sweet potato flour. Mix all the ingredients thoroughly. Then wrap with *sinsal.* Cut into ½ inch long pieces. Dip the cut pieces into a mixture of a little *gawgaw* diluted with 1 egg and a little water. Then fry until they are golden brown in color. Sprinkle white sugar on them. Serve as dessert.



UNITED STATES OF AMERICA
PHILIPPINE ISLANDS
Philippine Carnival Association
MANILA

DIPLOMA OF AWARD
MANILA CARNIVAL OF 1930
The Committee on Awards has conferred
First Prize
upon
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CEU PRIZE-WINNING RECIPES

PHILIPPINE CARNIVAL AND EXPOSITION IN 1936
MANILA

ALEKHINE CAKE

¼ cup butter
1 cup sugar
½ cup milk
2 egg whites
½ teaspoon vanilla
2½ teaspoons baking powder
flour
1 cup flour
½ cup cassava

Cream the butter and sugar. Add the sifted flour with baking powder alternately with milk. Fold in the stiffly beaten egg whites. Flavor with vanilla. Pour in a well-greased pan and bake in moderate oven.

APA

2 cups rice flour (*galapóng*)
1 cup cassava flour
2 cups brown sugar
2 cups flour
6 cups coconut milk (from 2 coconuts)
4 whole eggs
2 teaspoons melted butter

When well-mixed and there are no more lumps, strain 3 times. Use the same procedure as that followed in the preparation of *barquillos*. Use a flat rolling stick.

ARROWROOT BLANC MANGE

2 cups boiling water
⅓ cup sugar
5 tablespoons arrowroot
¼ teaspoon salt
⅕ cup orange juice
2 egg whites

Add the sugar and salt to boiling water. Dilute the arrowroot with cold water and combine mixture. Bring to boiling point stirring constantly and let boil 5 minutes, then add the egg whites stiffly beaten. When the first mixture is cool, add orange juice. Turn into a mold dipped in cold water and chill. Remove from mold and serve.

ARROWROOT CHOCOLATE COOKIES

4 tablespoons butter
½ cup sugar
¾ teaspoon salt
1 egg
½ teaspoon vanilla
1 square chocolate
½ cup milk
1½ cups arrowroot

Cream the butter and sugar together. Add melted chocolate and whole egg. Beat well. Add alternately with milk the sifted arrowroot. Pass through a cookie presser and bake in a moderate oven.

ARROWROOT COOKIES

2½ cups arrowroot
2 egg whites
2 egg yolks
⅔ cup sugar
¼ teaspoon baking powder
Butter

Sift the dry ingredients. Cream the butter and add the sugar gradually. Add the egg yolks beaten very well and gradually add the sifted arrowroot. Fold the well-beaten egg whites and lastly the flavoring of about 1 teaspoon vanilla. Pass through fancy cookie presser and bake for at least 10 minutes until brown.

ARROWROOT MOCHA SOUFFLE

1 cup milk
1 tablespoon ground coffee
1 teaspoon vanilla
3 eggs
1 tablespoon butter
⅓ cup sugar
3 tablespoons arrowroot
Salt

Boil the milk with a pinch of salt. Add the coffee and cover tightly for half an hour. Strain and add vanilla.

Cream the butter and sugar together. Add the arrowroot and milk mixture. Add the egg yolks and cook until thick. Cool and fold in the stiffly beaten egg whites. Pour into buttered pyrex dish. Bake until done and serve at once.

ARROWROOT PUDDING

1 cup milk
¼ cup arrowroot
2 egg yolks
3 egg whites
5 teaspoons sugar

Cook the milk and arrowroot until thick. Cool and add 5 teaspoons sugar and 4 egg yolks. Fold in the stiffly beaten eggs. Turn in a mold lined with caramelized sugar, and steam until done. Serve with the following sauce:

¾ cup milk
2 tablespoons arrowroot
¼ teaspoon vanilla
2 tablespoons sugar
4 egg yolks
A pinch of salt

Mix the arrowroot, sugar, and a pinch of salt. Add the milk and cook for 10 minutes. Stir in the well-beaten yolks and cook for about 2 minutes. Flavor with ¼ teaspoon vanilla.

ARROWROOT SUGAR BARS

½ cup butter
¾ cup arrowroot
¼ cup cold water
¾ cup wheat flour
¼ teaspoon salt
⅛ teaspoon baking powder

Sift the arrowroot, wheat flour, and salt together. Cut in the butter then add water to form a soft dough. Roll thinly and fold the opposite sides towards the center. Chill and fold again. Repeat this 4 times. During all this process dredge the board with a mixture of ¾ cup arrowroot, ¾ cup wheat flour, and teaspoon baking powder. Cut in bars ½ inch by 3 inches and brush with egg whites mixed with sugar. Bake in moderate oven.

ARROWROOT WALNUT PUDDING

3 tablespoons butter
9 egg yolks
8 tablespoons sugar
1 tablespoon rum
4 tablespoons arrowroot
1 teaspoon vanilla
9 egg whites
4 tablespoons chopped walnuts
1 cup water
A pinch of salt

Stir the butter until creamy and mix in the yolks thoroughly one at a time, then add sugar, salt and vanilla. Moisten the arrowroot with ½ cup of water and add to the first mixture. Add slowly the rest of the water. Cook in a double boiler until thick. Remove from the fire and add the rum. Stir in the walnut meat. Lastly, fold in the egg whites beaten until stiff. Pour the mixture into a well-greased pan and bake in a moderate oven.

BARQUILLOS

1 cup flour, sifted
1 tablespoon butter
2 cups milk
⅛ teaspoon vanilla
½ cup sugar
3 egg yolks
½ cup water
½ cup cassava flour

Mix all the ingredients together in a bowl. Strain through a fine sieve. Cook the mixture by spoonfuls on a hot *barquillera*. When cooked, roll the *barquillo* by means of a small stick especially made for the purpose.

CARAMEL SOUFFLE

3 tablespoons arrowroot
4 eggs
1 tablespoon butter
⅓ cup sugar
1¼ cups milk

Melt the sugar in a saucepan. Cook until golden brown. Add the milk and mix well. Add the butter and arrowroot and cook until thick and smooth. Cool and beat in the egg yolks one at a time. Then fold in the egg whites beaten stiff with 6 tablespoons sugar. Bake in a buttered mold. Serve at once.

CASSAVA BUTTER COOKIES

½ cup butter
½ cup sugar
2½ cups cassava flour
1 teaspoon vanilla
2 eggs

Cream butter and sugar together. Add eggs and beat well. Add vanilla and cassava. Mix well until smooth. Press through cookie presser and bake on an ungreased baking sheet 8 to 12 mixtures in a hot oven.

CASSAVA BUTTER LOAF

½ cup butter
½ cup sugar
1 teaspoon orange extract
½ tablespoon baking powder
½ cup milk
2 eggs
½ cup cassava flour
½ cup flour

Cream butter, add sugar gradually and orange extract and continue creaming. Add egg yolk one at a time. Add sifted dry ingredients alternately with milk. Beat hard, then add stiffly beaten egg whites. Bake in a loaf pan in moderate oven.

CASSAVA CREAM CAKE

5 eggs
⅔ cup sugar
1 teaspoon vanilla
½ cup cassava flour
⅛ teaspoon baking powder
⅓ teaspoon cream of tartar

Separate eggs. Beat whites and cream of tartar until stiff with ¾ cup sugar. Beat yolks until very thick. Add 1/3 cup sugar. Combine the mixture. Fold in cassava sifted with baking powder. Place on a baking sheet lined with paper. Cook in a moderately hot oven. Cut into 1½-inch squares and spread with filling, then roll in sugar.

Filling:

2 yolks
⅔ cup sugar
¼ cup water
2 teaspoons arrowroot
⅓ teaspoon vanilla
½ cup milk

Boil sugar and water until thick. Add slowly to beaten yolks, milk and arrowroot mixture. Cook until thick and flavor with vanilla.

CASSAVA DELICACY

4 tablespoons butter
½ cup sugar
¾ cup cassava flour
2 egg whites

Cream the butter in a bowl, then add the sugar. Add the egg whites little by little and without beating. When well-mixed, add the flour. Pass through a pastry bag and shape into small sticks of the size of a little finger or as big as a pencil. Bake for 4 to 5 minutes. Remove from tin before it gets cold.

CASSAVA LADY FINGERS

2 egg yolks
3 egg whites
⅓ cup powdered sugar
⅛ teaspoon salt
¼ teaspoon vanilla
1/6 cup cassava flour
1/6 cup wheat flour

Beat egg whites until stiff and dry, add sugar gradually and continue beating. Then add egg yolks beaten until thick and lemon-colored. Add the flavoring. Cut and fold in flour mixed and sifted with salt. Using a pastry bag and tube, shape into pieces four inches long, 1 inch wide on a thin sheet covered with unbuttered paper. Sprinkle with powdered sugar and bake for 8 minutes in a moderate oven. Remove from paper with a knife.

CASSAVA LOAF BREAD FOR SURPRISE SANDWICH

1 cup lukewarm milk
1 cup water
2 teaspoons salt
3½ cups cassava flour
2 eggs
1 yeast cake
3½ cups wheat flour
6 grated rinds of 1 lemon
2 tablespoons sugar

Dissolve the yeast in 1 tablespoon sugar. Add the milk combined with water then 1 cup cassava and 1 cup wheat flour. Mix well to prevent lumps. Let rise until double in volume, then add beaten eggs, butter, 1 tablespoon sugar, lemon rind, and the rest of the cassava and wheat flour. Knead lightly and let rise until double in volume. After this, form into loaves and let rise again. Before baking, brush with egg yolk. Bake in hot oven.

CASSAVA PEANUT COOKIES

1 cup peanuts
¼ cup butter
⅓ cup milk
1 egg
¾ cup cassava flour
2 tablespoons baking powder
¼ teaspoon salt
1 teaspoon vanilla
½ cup sugar

Grind the peanuts fine. Cream butter and sugar together. Add yolk and milk. Add cassava flour sifted with baking powder and salt. Add vanilla and fold in the stiffly beaten egg white. Drop from a teaspoon into baking tin. Top with coarsely chopped peanuts. Bake for 10 minutes.

CASSAVA TEA BISCUITS

¼ cup butter
1/6 cup sugar
½ teaspoon vanilla
⅝ cup cassava flour

Cream butter, add sugar and beat well. Add vanilla and cassava flour. Roll out on floured board and cut with cookie cutter. Prick with fork and bake in moderate oven until light golden brown.

CASSAVA PEANUT SLICES

½ cup butter
1 cup powdered sugar
4 eggs, beaten separately
2 cups cassava flour
1 teaspoon baking powder
1 teaspoon vanilla

Cream butter, add sugar gradually. Add well-beaten egg yolks, beating mixture well. Sift cassava flour once. Add baking powder and sift again. Add flour slowly to above mixture, beating hard after each mixture. Spread ½ inch thick in shallow baking pan and slowly spread the following mixture:

1 cup granulated sugar
1 teaspoon cinnamon
½ cup ground peanuts

Bake in moderate oven until golden brown. When cool, cut in strips 1 by 4 inches.

CASSAVA POUND CAKE

1 cup butter
1 cup powdered sugar
5 eggs
1 teaspoon vanilla
2 cups cassava flour
1 cup walnut meat,
  coarsely chopped
½ cup candied cherries, sliced
3 teaspoons baking powder
1 cup sliced citron

Cream butter; add sugar slowly, beating constantly. Add eggs one at a time, beating well after each addition. Add sifted dry ingredients and mix well. Add citron, nut, and candied cherries. Bake in one or two regular-sized, greased loaf pans in moderate oven for about 1 hour.

CASSAVA SPONGE DROPS

4 egg yolks
6 egg whites
½ teaspoon baking powder
5 tablespoons sugar
⅔ cup cassava flour

Beat yolks until thick and lemon-colored. Add half of sugar and fold in cassava flour. Beat whites until stiff. Add remaining sugar. Fold into first mixture. Drop by teaspoons on paper. Sprinkle with sugar and bake in moderate oven for 10 minutes.

CASSAVA CHEESE STRAWS

1 cup grated cheese
1 cup cassava flour
1 tablespoon baking powder
1 egg
5 tablespoons milk
½ teaspoon salt
¼ teaspoon paprika

Mix together cheese, flour, baking powder, salt and paprika and beaten eggs. Mix well. Add enough milk to make a stiff dough. Roll out 1/3 inch thick on floured board, cut into strips 5 centimeters long and 1 centimeter wide. Bake in hot oven and brush top with egg yolk, then put in broiler and brown for a few minutes.

CASSAVA SUGAR SQUARES

¼ cup butter
½ cup sugar
1 egg
¾ cup cassava flour
¼ wheat flour
½ teaspoon baking powder

Cream butter and sugar together. Add well-beaten egg. Sift dry ingredients together and add to the above mixture. Roll out thinly on floured board and ut into one-inch squares. Brush tops with one egg yolk beaten with 1 tablespoon water and 2 tablespoons sugar. Bake in hot oven.

CASSAVA TEA WAFERS

½ cup butter
½ cup sugar
2 eggs
½ teaspoon vanilla
1 teaspoon baking powder
⅔ cup water
1½ cups cassava flour
½ cup wheat flour
½ teaspoon salt

Cream butter very well and add sugar. Add well-beaten eggs and vanilla. Add sifted flour, baking powder and salt. Add water and beat. Drop by teaspoonfuls on greased pan and bake in moderate oven.

CASSAVA WAFER LAYER CAKE

9 tablespoons butter
1¼ cups sugar
3 tablespoons vanilla
3 eggs
¾ cup wheat flour
1⅛ cups cassava flour
3 teaspoons baking powder
9 tablespoons milk

Cream butter with sugar until light. Add eggs one at a time, beating well after each addition. Sift cassava and wheat flour, and baking powder together. Add alternately with milk to butter mixture. Flavor and bake in 5 well-greased and floured 8-inch pans for 8 minutes. Fill with the following filling:

5 egg whites
2 cups sugar
¼ teaspoon cream of tartar
4 tablespoons butter
1 cup water

Boil water, sugar, cream of tartar until it spins a thread. Add slowly to well-beaten egg whites. Cool and add well-creamed butter.

CHOCOLATE ARROWROOT PUDDING

1 tablespoon butter
4 tablespoons sugar
2 tablespoons arrowroot
1 square chocolate
3 eggs

Cream butter and sugar together. Add grated chocolate. Add yolks and arrowroot. Cook for 3 to 5 minutes. Allow to cool. Fold in stiffly beaten whites and steam in a mold that is well-buttered and well-strewn with granulated sugar. Serve with sweetened, whipped cream.

CHOCOLATE ARROWROOT SOUFFLE

2 teaspoons butter
1 tablespoon arrowroot
¾ cup milk
3 eggs
½ square chocolate
⅓ cup sugar

Melt chocolate in milk. Melt butter, stir in arrowroot and milk. Cook until thick and smooth. Add yolks one at a time, beating well after each addition. Beat whites until stiff. Add sugar slowly. Fold to cool mixture. Flavor and bake in a moderate oven. Serve at once with whipped cream.

COLD CARAMEL ARROWROOT PUDDING

6 eggs
½ cup sugar
½ teaspoon vanilla
3 cups milk
¼ cup arrowroot

Beat the eggs with the sugar. Add the arrowroot moistened with milk. Then beat in slowly the rest of the milk. Strain and cook in a double boiler. When cooked, flavor with vanilla. Pour in a pan lined with caramelized sugar. Steam. Cool in its mold and keep in an ice-box for several hours. Carefully unmold it on a platter and serve with its own syrup.

OREJAS DE GATO
MALACANANG CHOCOLATE ROLL

BUKO-MANGO SALAD WITH PARSLEY AND WATERMELON BALL GARNISHINGS
MEAT ROLL

MALACANANG CHOCOLATE ROLL

6 egg yolks
1 tablespoon water
6 egg whites
3 tablespoons cassava flour
3 tablespoons sugar
3 tablespoons flour

Beat the yolks and the water until lemon-colored. Add sugar, flour, and lastly, the egg whites beaten until stiff by folding. Pour on a sheet lined with buttered paper and bake in hot oven for 3 to 5 minutes.

Fill with the following filling and roll in sugar and cut.

Filling:

½ cup milk
½ cup sugar
¼ cup grated chocolate
1 tablespoon butter
1 tablespoon arrowroot flour
¼ teaspoon vanilla

Mix together and cook in a double boiler, stirring constantly until it thickens.

COCONUT MILK AND ARROWROOT BLANC MANGE

3 cups coconut milk
6 tablespoons arrowroot flour
1 cup sugar

Grate 4 coconuts and squeeze the milk. Add water to make 3 cups. In a double boiler, boil the coconut milk, then add 1 cup sugar. While the mixture is boiling, add 6 tablespoons arrowroot flour moistened with a little cold water. Stir continuously until it is cooked. Pour in molds wet with cold water and set aside to cool. Serve with the following sauce:

1 cup milk
3 egg yolks
½ cup sugar
1 teaspoon vanilla

Boil the milk. Beat the egg yolks with the sugar and add to the boiling milk. Stir well, but do not let it boil until the eggs are put in. Flavor with vanilla.

COMMONWEALTH *BARQUILLOS*

2 cups rice flour (*galapóng*)
2 cups wheat flour
2 cups brown sugar
4 whole eggs
1 cup cassava flour
2 tablespoons melted butter
2 liters coconut milk
(from 2 small or 1 large coconut)

Pour and spread a teaspoon of the batter over a hot *barquillera.* When lightly brown, roll with a small stick made for the purpose.

COMMONWEALTH *BIBINGKA*

3 cups cassava flour
6 eggs
1 cup sugar
Boiled *ubi*
4 cups coconut milk
6 tablespoons baking powder
Laguna cheese

Beat the eggs and add the sugar. Add cassava flour sifted with baking powder alternately with coconut milk. Strain and pour in pans lined with banana leaf greased with butter. Decorate with Laguna cheese and boiled *ubi* cut into squares. Bake in moderate oven. When nearly cooked, brush with a mixture of 1 egg and 1/3 cup coconut milk beaten together with 3 tablespoons sugar.

CUSTARD SAUCE

2 cups scalded milk
⅛ teaspoon salt
½ teaspoon vanilla
2 egg yolks
¼ cup sugar
1 tablespoon arrowroot

Beat egg yolks slightly. Add sugar and salt and stir constantly while gradually adding hot milk. Add the arrowroot diluted with a little cold milk and the vanilla. Cook in double boiler and continue stirring until the mixture thickens and coating is formed in a spoon. Strain immediately. Chill and flavor.

DELIGHT BISCUITS

½ cup arrowroot flour
½ cup wheat flour
¼ teaspoon salt
2 to 3 tablespoons ice water

Sift the arrowroot flour, wheat flour, and salt together. Cut in butter. Add water to form a soft dough. Knead lightly and roll out again and fold. Roll out to ⅛ inch thick and cut in rectangles 1 inch by 1½ inches. Bake in a moderate oven. When done, cool and fill with the following filling:

Cream 2 teaspoons butter. Add 1/3 cup sugar and flavor with lemon juice. Mix well and spread.

DEVIL'S FOOD CAKE

½ cup butter
1 cup sugar
2 egg yolks and 2 egg whites
½ teaspoon vanilla
¼ teaspoon salt
1 cup milk
1½ cups cassava flour
2½ teaspoons baking powder
1½ squares chocolate
1 cup flour

Cream the butter and add sugar and salt gradually. Add the well-beaten egg yolks. Add flour sifted with baking powder alternately with milk. Beat in the melted chocolate and the vanilla. Fold the stiffly beaten egg whites. Bake in combination with the snow cake.

Frosting:

2 tablespoons boiling water or milk
Flavor and vanilla
Enough confectioner's sugar to make the right consistency

DINNER ROLLS

1 cup scalded milk
1 cup boiling water
2 tablespoons butter
2 cups cassava flour
1½ tablespoons sugar
4 cups wheat flour
1 yeast cake
½ teaspoon sugar
1½ tablespoons salt

Mix milk and water. When lukewarm, add to yeast cake dissolved with ½ teaspoon sugar. Add 2 cups flour (1 cup cassava, 1 cup wheat flour), beat well and let rise. Then add salt, sugar, butter, the rest of the wheat and cassava flour and knead. Let rise and shape into loaves. Let rise again and then bake in hot oven.

ENSEIMADAS

Mix:

½ teaspoon sugar
¾ cup lukewarm milk
2 tablets of yeast
½ cup wheat flour
¼ cup cassava flour

When all are well-mixed, let stand until double in volume.

Next beating:

When the first mixture has fermented, add 6 egg yolks, ½ cup sugar and ½ cup sifted wheat flour to ½ cup cassava flour. Beat well for a few minutes and allow to ferment again. When double its volume, add 6 egg yolks, ½ cup sugar, ¼ cup sifted wheat flour to ¾ cup cassava flour and ½ pound cream butter, kneading the dough thoroughly. Let it stand covered to ferment again. When the dough has risen, shape in separate pieces, rolling each piece. Brush with creamed butter, sprinkle with grated cheese, and roll them as twisted shells. Place in molds lined with buttered paper. Let stand in a place of moderate temperature without exposing them to a current of air until well-risen. Then brush with egg yolk diluted with water and place in a moderate oven for 20 to 25 minutes. After removing from oven, brush with melted butter. Sprinkle with sugar and cheese if desired.

OREJAS DE GATO

7 eggs
⅛ teaspoon baking powder
1 cup sugar
¾ cup flour
¾ cup cassava flour

Separate yolks from whites. Beat yolks until thick and lemon colored. Add ½ of sugar. Add to this the flour (case flour and cassava flour) sifted with the baking powder. Beat whites until thick. Add the remaining sugar and continue beating. Add the first mixture and fold well. If desired, flavor with lemon. Spread on pan lined with greased paper and bake in hot oven. When done, allow to cool and cut into 3-inch squares. Spread with cream and fold opposite corners together. Roll in colored sugar.

CREAM

6 egg yolks
⅛ teaspoon cream of tartar
1 cup sugar
3 teaspoons water

Boil water, sugar and cream of tartar until a soft ball is formed. Add beaten yolks and cook until thick.

PINIPIG-CASSAVA DROP COOKIES

½ cup fat
1 cup sugar
½ cup milk
1 cup chopped raisins
½ cup cashew nuts
1¾ cups *pinipig*
¾ cup flour
¾ cup cassava flour
1 egg
½ teaspoon soda dissolved in 1 tablespoon water

Cream fat and sugar. Add well-beaten egg yolk. Sift dry ingredients except *pinipig* and add alternately with milk. Add the soda that has been dissolved in little lukewarm water. Lastly, add the raisins, nuts and *pinipig*, and dredge with flour. Fold in the beaten egg white. Drop by teaspoonful on a greased baking sheet and bake in moderate oven until brown. Remove while still hot.

PHILIPPINE RECIPES

ADOBO

ADOBONG ALIMANGO-ALIMASAG
(Crab *Adobo*)

5 crabs
½ cup water
½ cup vinegar
1 tablespoon lard
½ cup coconut milk (optional)
1 head garlic
1 tablespoon salt

Wash the crabs and cut into halves. Place them in a *carajay* with enough water, vinegar, crushed garlic and salt to taste. Cover and cook the crabs. When the water is partly absorbed, add lard, then the coconut milk, if desired. Cook for a few minutes.

ADOBONG ANAMITA

½ kilo pork
3 tablespoons brown sugar
1 pineapple, sliced
1 cup water
½ cup vinegar
Patís
Pepper

Cut the pork and soak in vinegar and little pepper. In a *carajay*, caramelize the sugar. Add the *patís*. When it has boiled, put in the pork soaked in vinegar. Simmer for 10 minutes. Add the sliced pineapple and cover. Open and stir. Cook until meat is tender.

ADOBONG DALAG
(Mudfish *Adobo*)

1 big *dalág*
1 head garlic
½ cup vinegar
½ cup water
½ cup thick coconut milk
2 tablespoons lard
Peppercorns
1 tablespoon salt

Clean the *dalág* well. Slice as for frying. Put it in a pan, and add the chopped garlic, vinegar, peppercorns, and water if the vinegar is too sour. Boil until cooked. Then add the lard and the coconut milk. (If coconut milk is not desired, just add the lard). Season with salt.

ADOBONG DULONG
(Anchovy *Adobo*)

1 cup fresh *dulóng*
4 tablespoons vinegar
2 teaspoons salt
1 clove garlic
A few peppercorns, crushed

Wash the *dulóng* and drain. Put the *dulóng*, vinegar, salt, crushed garlic and pepper together and allow the mixture to stand for 10 minutes.

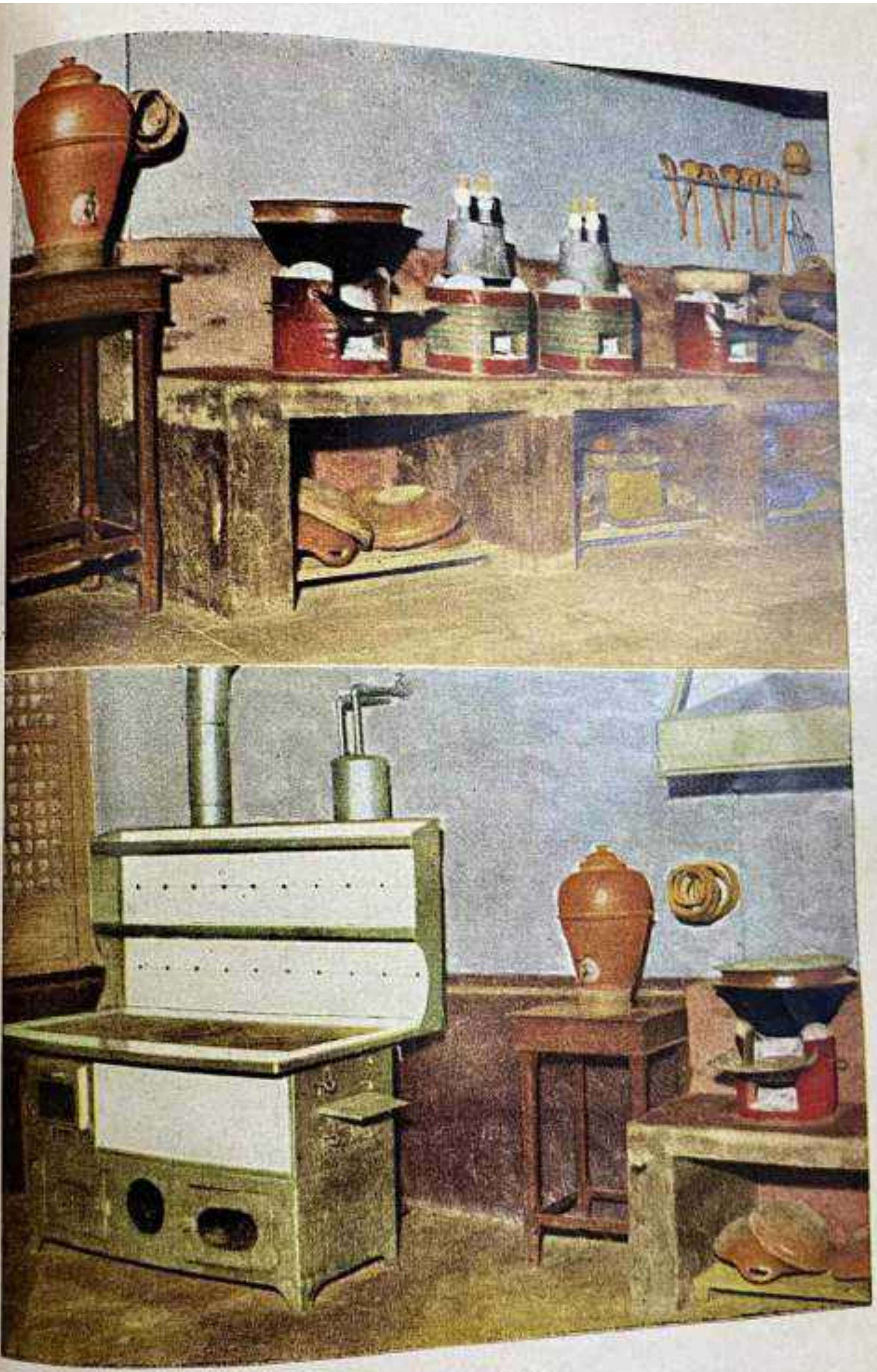
Put the mixture into a *carajay* and let it simmer and get dry. Stir once in a while so that it will be cooked evenly. Put little fat. Serve hot or cold.

ADOBONG KANGKONG

2 regular bundles of *kangkóng* stems, cut into 1-inch long pieces
3 tablespoons soy sauce
½ teaspoon sugar and pepper
1 tablespoon vinegar
1 clove garlic

Wash and sort *kangkóng*. Sauté the garlic. When brown, add *kangkóng*. When partially cooked, add vinegar and bring to a boil. Season with soy sauce, salt and pepper. Serve hot.

Sigarilyás may be used instead of *kangkóng*.



NATIVE KITCHEN

ADOBONG HIPON
(Shrimp *Adobo*)

1 kilo shrimps
3 tablespoons wine
1 teaspoon ginger juice
3 tablespoons lard

2 tablespoons crushed garlic
¼ cup vinegar
12 peppercorns
1 tablespoon salt

Shell the shrimps and remove the intestinal veins from the back. Add a little wine and ginger juice. Mix well. Heat a pan with 3 tablespoons lard and 2 tablespoons crushed garlic. Cook until brown. Remove garlic, then add the shrimps. When cooked, remove from fire. To the lard in a pan, add a little stock or water. Add salt and pepper. When the mixture is boiling, thicken the sauce with a little cornstarch diluted with water. Add the shrimps and boil.

ADOBONG HITO

3 large or medium-sized *hitò*
⅓ cup vinegar
3 cloves garlic
½ cup water

Salt to taste
A few peppercorns
½ cup thick coconut milk

Clean and wash the fish. Put in frying pan, pour the vinegar and add the garlic and pepper. Boil for 5 minutes. Then add the coconut milk and season with salt.

ADOBONG IGAT
(Eel *Adobo*)

1 kilo eel
1 teaspoon ginger juice
4 tablespoons lard
2 tablespoons crushed garlic

½ cup vinegar
12 peppercorns
1 tablespoon salt

Clean the eel in the following way: Cut the head, make an opening in the stomach and remove the intestines. Remove the skin with salt. Wash with vinegar, then with water. Cut the fish into pieces 2 inches long and cook in vinegar, pepper and salt. When half done, remove the broth and put aside.

Fry the fish a little, then add the pounded garlic and the ginger juice. Put the broth again and continue boiling until done. If dry *adobo* is desired, boil until the broth is dried. Add lard to serve as sauce.

ADOBONG MANOK
(Chicken *Adobo*)

1 chicken
3 segments garlic
1 cup vinegar

½ cup water
Salt and pepper to taste
4 tablespoons lard

Soak the chicken in vinegar, water, garlic, salt, and pepper. Place in a skillet and cook until the chicken is tender and the garlic is brown.

ADOBONG MANOK AT BABOY
(Chicken and Pork *Adobo*)

1 chicken
½ kilo pork
1 head garlic

1 cup vinegar
Salt and pepper to taste
2 tablespoons lard

Soak the chicken and pork in 1 cup vinegar, crushed garlic, salt, and pepper. Place in a saucepan and cook until the chicken is tender. Add lard to brown the meat.

ADOBONG MANOK SA GATA
(Chicken *Adobo* with Coconut Milk)

1 chicken
¼ cup vinegar
2 tablespoons salt
3 segments garlic
2 cups thick coconut milk
Pepper to taste

Clean and cut the chicken into pieces. Boil it with vinegar, pepper, salt and garlic until it is tender. Remove the remaining vinegar and add thick coconut milk. Leave on fire until coconut milk is thick.

ADOBONG BABOY AT ATAY
(Pork and Liver *Adobo*)

½ kilo pork
½ kilo beef liver
1 head garlic
½ cup vinegar
3 tablespoons of salt
Pepper to taste
½ cup water

Cut the pork and liver. Soak them in vinegar, water and pounded garlic. Season with salt and pepper. Place the pork in a saucepan. Cook until the pork is tender. Add the liver and stir. Cook until the garlic is brown.

ADOBONG OKRA

20 young okra
4 tablespoons vinegar
½ cup diced pork
3 tablespoons *patis*
Garlic, onions, pepper

Wash and parboil the okra. Fry the pork fat. Add garlic, onions and the young okra. Add the vinegar, *patis* and pepper. Cook until the okra is tender.

ADOBONG SITAW

Use 15 pieces of boiled *sitaw* instead of okra. Follow the procedure for *Adobong* Okra.

ADOBONG PUSIT
(Squid *Adobo*)

½ kilo squids
½ cup vinegar
1 head garlic
½ cup lard
Salt and pepper to taste

Place the squids, vinegar and garlic in a skillet. Season with salt and pepper. Cook over moderate fire. Remove the liquid leaving the garlic and the squids in the skillet. Add the lard and stir to sauté the garlic and the squids in lard. Then add the liquid again.

ADOBONG TALABA
(Oyster *Adobo*)

1 cup oysters (*talabá*)
1 head garlic
½ cup vinegar
Lard
Salt
Pepper

Put oysters in a frying pan together with garlic, vinegar, water, and seasoning. Cover pan and cook until there is no more liquid. Add lard if you want it crisp and golden brown.

INIHAW

(BROILED)

BROILED *BANGUS*

1 big *bangus* (about 1 kilo)
1 onion
5 medium-sized tomatoes
2 segments garlic, macerated
5 tablespoons white native vinegar
1 teaspoon soy sauce
Salt and pepper

Remove the gills of the fish. Make an opening at the back and remove the intestines and blood clots. Clean the inside very well, then sprinkle a little salt. Do not remove the scales of the fish. Cut the onions, garlic, and tomatoes finely. Stuff the fish with the mixture, wrap the fish with banana leaves and tie with a string. Broil until it is done. For sauce, prepare the macerated garlic. Put 1 tablespoon soy sauce and white vinegar.

(*Dalág* may be broiled like *bangus* and served with *kalamansí* juice).

BROILED PORK

1 piece 3" by 4" lean pork
1 tablespoon vinegar
1 teaspoon crushed garlic
Salt and pepper to taste

Mix the vinegar, salt, pepper, and garlic. Soak the pork in the mixture and let stand for half an hour or more. Drain, then broil on a wire grill over hot coals until done.

BULANGLANG

BULANGLANG NA ISDA

1 fish, broiled
½ cup *malunggáy* leaves
⅓ cup squash leaves
½ sliced onion
2 tablespoons *bagoóng*
1 eggplant
Ginger

Place vegetables together with ginger and onions in a saucepan. Season with *bagoóng* (preferably fish *bagoóng*). Add water and boil. Add the broiled fish and the *malunggáy* leaves. Cover and simmer until the vegetables are done, but not overcooked. Serve hot.

BULANGLANG NA KARNE (BEEF) *O BABOY* (PORK)

1 cup pork or beef
½ cup *malunggáy*
⅓ cup squash leaves
1 eggplant
½ onion, sliced
½ cup squash, cut
Ginger and salt
2 tablespoons *bagoóng*

Slice the meat and boil in a saucepan until tender. Add ginger and onions. Season with *bagoóng*. Add all vegetables, and *malunggáy* leaves. Cover and simmer until vegetables are done but not overcooked. Serve hot.

BULANGLANG NA HIPON (SHRIMPS)

Use shrimps instead of fish and follow the same procedure in the preparation of *Bulanglâng na Isdâ* omitting *bagoóng*.

BOLA-BOLA

BANGUS BALLS

1 regular-sized *bangus*
1 small onion
2 tablespoons lard
2 cups water
1 bunch each of *kintsáy* and green pepper
3 tablespoons cornstarch
1 tablespoon salt

Bone the *bangús*. Separate the meat and chop. Add little cornstarch and salt and make into small balls. Put lard in the pan; add onions and water. When the water boils, drop the balls and boil for a few minutes. Then add chopped *kintsáy* and salt to taste.

MEAT BALLS WITH SHRIMPS

10 shrimps, shelled and cut fine
½ kilo chopped pork meat
1 onion, chopped fine
2 eggs
½ tablespoon onion stalk, cut fine
1 teaspoon salt

Mix all ingredients and form small, round balls. Roll on crumbs or flour and fry in deep hot fat. Serve while hot.

MEAT PATTIES

2 tablespoons flour
1 medium-sized onion, diced
2 potatoes, boiled and peeled
1 teaspoon salt
¼ kilo ground meat
1 egg
Dash of pepper

Sauté the onion until brown; set aside. Mash potatoes and mix with meat, egg, pepper, salt and sautéed onions. Mix well. Form into patties and dip in flour. Fry in lard. When all patties are cooked, set aside the drippings.

Mix 2 teaspoons cornstarch. Add dash of salt to a half cup of water and boil with drippings. Pour on top of patties to serve as sauce.

DINUGUAN

HEART—LIVER—PANCREAS *DINUGUAN*

3 cups internal organs (heart, liver, pancreas and meat with fat)
1½ cups blood, cut into cubes
3 segments garlic, pounded
3 tablespoons lard
½ cup vinegar mixed with ¼ cup water and 1 tablespoon salt
1 cup water
1 small onion, sliced
2 hot peppers

Clean the internal organs very well. Cook in a saucepan with vinegar, garlic, pepper and salt until tender. Cool and cut into small pieces. In another saucepan, sauté the garlic and onions. Add boiled internal organs and continue cooking for minutes. Let boil. Add water. Season with salt and cover. Cook a few minutes more. Pour the blood diluted with vinegar. Add the hot peppers. Keep covered and serve.

CHICKEN *DINUGUAN*

1 chicken
¼ cup onion
½ cup vinegar
½ tablespoon garlic, chopped
⅓ cup sliced tomatoes
Salt and peppercorn

Drain the blood from freshly killed chicken in a bowl with 2 cups vinegar to avoid hardening. Clean and cut chicken into pieces, rub with salt, then put in a solution of vinegar, garlic, and peppercorn. Boil until the chicken is tender. Remove from fire.

Sauté the garlic in lard until golden brown, add the onions and tomatoes. When done, put the cooked chicken together with the broth in which it was boiled. When boiling, pour the blood of the chicken diluted with vinegar. While pouring the blood, stir the mixture to avoid coagulation of the blood.

PORK *DINUGUAN*

Use pork instead of heart, liver and pancreas and follow directions for *Dinuguan.*

ESKABETSE

FISH *ESKABETSE*

1 cup green papaya, cut in strips
1 fish
1 large onion, sliced
½ head garlic, sliced thin
1 tablespoon ginger, sliced into strips
2 sweet red peppers, cut into strips
3 tablespoons vinegar
1 cup water
3 tablespoons soy sauce
4 tablespoons sugar
2 tablespoons salt
2 tablespoons cornstarch
Fat for frying

Clean the fish and sprinkle with salt. Let stand about 15 minutes, and drain well. Fry in hot fat until brown. Set aside. Sauté the garlic, onion, and papaya until the papaya is half-cooked. Add salt, ginger, and hot pepper and the mixture of vinegar, water, sugar, and soy sauce. Cook until liquid thickens and the papaya becomes tender. Place fried fish on a platter and pour the gravy mixture over it. Garnish with sliced red, sweet pepper.

FISH *ESKABETSE*
(Macao Style)

1 medium-sized fish
1 large onion
2 segments garlic
1 large, red, sweet pepper, cut into narrow strips
3 tablespoons soy sauce
2 tablespoons flour
2 cups water
4 tablespoons sugar
4 tablespoons vinegar
1 teaspoon salt

Clean the fish, sprinkle with 1 teaspoon salt. Set aside for 10 minutes. Dry with a towel. Fry in lard until brown on both sides and set aside.

Fry the garlic, onion and sweet pepper in lard.

Make a mixture of water, vinegar, soy sauce, and flour. First mix the sugar and the flour, then add water a little at a time to make the mixture smooth. Lastly, add the vinegar and soy sauce. To insure smoothness of the sauce, be careful in mixing thoroughly the flour, sugar and water; otherwise, the flour will form lumps.

Pour this mixture into a drying pan with onions, garlic and pepper and let boil for 5 minutes. Then dip the fish in and let boil for another 5 minutes. Place the fish on a platter and pour the gravy over it.

EMBUTIDO

1 kilo ground pork
4 tablespoons flour
3 hard-boiled eggs
2 sausages (Bilbao)
2 raw eggs
3 sliced sweet pickles
3 tablespoons raisins
1 cup ground ham
Salt and pepper to taste
Meat broth
Tomato sauce

Mix the ground ham, pork, flour, 3 sliced sweet pickles, raisins, salt and pepper. Add the raw eggs. Take a piece of clean cloth and spread the mixture. Arrange sliced pickles, hard-boiled eggs and sausages on the mixture. Roll and wrap. Tie both ends, sew up opening, cover with broth and simmer until done. Cool. Unwrap before serving and slice. Serve with tomato sauce.

FRITADA

FRITADANG MANOK
(Chicken *Fritada*)

1 medium-sized chicken
5 small potatoes
½ cup onions
2 tablespoons lard
1 cup tomatoes
2 large, red and green peppers
2 pieces liver
1 tablespoon salt
1 tablespoon garlic

Sauté the garlic in lard. Add the onions and cook for 3 minutes. Add the chicken and tomatoes. Season with salt and pepper. Add 2 cups of water and boil until chicken is tender. Add the potatoes, red and green peppers, and liver and cook until done.

FRITADANG ISDA
(Fish *Fritada*)

Fry the fish and use it instead of chicken. Use the same ingredients and follow the same procedure as for chicken *fritada*.

FRITADANG KARNE
(Beef or Pork *Fritada*)

½ kilo beef or pork
1 cup tomatoes
½ cup onions
3 tablespoons lard
2 large, red and green peppers
¼ cup vinegar
1 tablespoon garlic
1 tablespoon paprika
5 potatoes
Salt and pepper

Slice the meat, marinate in vinegar, garlic, pepper and salt. Boil the meat with vinegar. When the meat is tender, remove from fire. Sauté in lard, the onions, tomatoes and the cooked meat, then add the potatoes, paprika and the green and red pepper. Cook until sauce is thick.

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ESTOFADO

BEEF OR PORK *ESTOFADO*
(*Istupadong Karne*)

- ⅓ kilo lean beef and fat, cut into pieces
- 4 ripe bananas (*sabá*)
- 1 carrot, cut into pieces
- ¼ cup *anizado* wine
- 3 cloves garlic, crushed
- 2 onions, quartered
- 2 *sili* (red, sweet peppers), peeled
- 1 bay leaf
- ½ cup vinegar
- Salt and pepper

Fry the meat until golden. Cut bananas crosswise into 1 centimeter pieces. Fry until brown and set aside. To the beef, add onions, bay leaf, pepper and salt to taste. When lard sizzles, add vinegar and enough water to cover. Let boil for 5 minutes and then reduce heat. Simmer until beef is almost done; add carrots, *anisado* wine and quartered *sili*. Continue cooking until beef and vegetables are done and the sauce is of desired consistency. Serve hot.

HUMBA — PIG'S LEG

- 1 pig's leg (*pata*)
- ½ teaspoon peppercorn
- 1 bay leaf
- ½ cup vinegar
- ½ kilo pork (rib chop)
- 8 cloves garlic
- ½ cup brown sugar
- 3 tablespoons soy sauce
- 1 piece *tákuri*
- *Oréganó*

After the *pata* has been cleaned, cut into pieces, soak in the above ingredients for 3 hours. Place in a big pot with wide mouth. Cover top with banana leaves tied tightly. Put the covered pot in a pan of water and steam until *pata* is soft.

HUMBA — PORK

- 1 kilo pork (*liempo*)
- 2 pieces *tahuri*
- ¼ cup vinegar
- 1 cup brown sugar
- 1 bay leaf (laurel)
- *Oréganó*
- Garlic
- Black pepper
- Salt

Cut the pork into small squares. Boil for 10 to 15 minutes with vinegar, garlic, sugar, salt and black pepper. Mash the *tahurí*. Dissolve in water to the thickness desired. Add the meat. Boil in slow fire until meat is tender.

TONGUE *ESTOFADO*

- 1 beef tongue cleaned and boiled in water with salt
- 1 onion, cut into quarters
- 4 slices bread (loaf), cut into 1 cm. strips
- 4 cloves garlic
- 2 tomatoes, chopped
- 3 medium-sized potatoes, cut into quarters
- 2 bay leaves
- 2 cloves
- 2 teaspoons flour
- Salt
- Pepper corn
- Vinegar

Clean, boil and remove the skin of the tongue. Salt and fry until golden brown, then boil it with vinegar, water, and peppercorn until tender. Fry potatoes, onions, and bread. Set aside for decoration. Sauté the garlic, and onions in lard. Add the tongue, enough broth (in which the tongue was boiled) and 2 bay leaves. A few drops of *anisado* wine may be added, if desired. Thicken the sauce with a little flour. Add enough seasoning and serve hot. Garnish with fried potatoes and bread. Add sauce.

KALDERETA

CHICKEN *KALDERETA*

- 1 young chicken
- ½ kilo pork
- 1 onion
- 3 tomatoes
- 4 sweet potatoes, cut in cubes and fried
- 4 segments garlic
- ¼ cup soy sauce
- 2 red peppers (hot)
- Juice of 4 *kalamansi*
- *Atsuwete* water

Dress the chicken, then cut into desired pieces together with the pork. Soak in soy sauce with *kalamansi*. Set aside.

Sauté the garlic, onion, tomatoes and pepper. Add the *atsuwete* water. Simmer for a while, then add the chicken and the pork. Cover and cook. When the chicken and pork are tender, add the coconut milk. When the sauce thickens, add the fried sweet potatoes.

KALDERETA (GOAT'S MEAT OR PORK)

- 1 kilo goat's meat or pork, cut into pieces
- 1 cup olive oil
- 2 segments garlic
- ½ kilo potatoes
- 1 large onion
- 8 tomatoes
- 1 can pimiento
- 1 can sweet peas
- ½ cup chopped ham
- Paprika, pepper and salt to taste
- Sliced hard-boiled eggs

Heat the oil and brown the garlic. Add the onion and tomatoes, then the meat and seasonings. When partly cooked, transfer the mixture in a deeper vessel, then add enough stock to cover. Cook until the meat is tender. Add the potatoes cut in cubes and continue cooking. When cooked, add the liver mixture to thicken. Add the ham, pimiento and peas. Transfer to an appropriate container and garnish with sliced eggs. Serve hot.

KALDILYO

FISH *KALDILYO*

- 1 fish
- 1 onion
- 4 tomatoes
- 4 eggs
- 3 tablespoons lard
- 3 cloves garlic
- 1 cup water
- 1 tablespoon salt

Fry the fish. Set aside. Sauté the garlic, onions and tomatoes in hot lard and add water. Then add the fried fish and the seasoning, and immediately before removing, add the well-beaten eggs, stirring it well. Do not allow the eggs to curdle.

KARI-KARI

KARI-KARING HIPON
(CURRIED SHRIMPS)

- 10 medium-sized shrimps
- 2 cloves garlic
- 1 onion
- 2 cups coconut milk
- 1 small red pepper
- 1 teaspoon curry powder
- 3 tablespoons lard
- 2 medium-sized eggplants
- Salt to taste

Shell the raw shrimps and slice the back slightly. Sauté in lard the garlic and finely sliced onion, and add curry powder. Add the shrimps and season with salt. When cooked, add the eggplant sliced crosswise and some soup stock. Add the coconut milk in which a little red pepper has been crushed. Stir until it boils. Serve hot.

KARI-KARING PATA AT BUNTOT
(Cow's Tail and Legs)

- 2 cow's legs (*pata*)
- 1 cow's tail
- 1 bunch string beans
- 4 cloves garlic, crushed
- ½ cup *atsuwete* water
- ½ cup roasted rice
- 3 tablespoons lard
- 1 banana bud (*pusó*)
- ½ cup roasted peanuts
- 1 onion cut into pieces
- Pork fat
- *Bagoóng alamáng*
- Garlic
- Salt

Boil the legs and tail until soft. Roast the peanuts and pound in a mortar. Roast the rice and pound. Sauté in lard the garlic, onions, legs, and tail. Add broth, rice flour, peanuts, the vegetables and *atsuwete* water. Serve it with *bagoóng*.

Sauté the *bagoóng alamáng* with garlic, and onions, and the pork cut into pieces. Serve with the "*karí*."

CHICKEN *KARI-KARI*
(*Karí-karing Manók*)

Substitute cow's legs and tail with pieces of chicken, and proceed in the same way as in the preceding recipe.

KILAWIN

BANANA HEART *KILAWIN*

- 2 cups banana heart (*butuan*)
- ½ cup shrimps
- ½ cup pork, cut into pieces
- ½ cup *misó*
- 1 cup shrimp juice
- 3 segments garlic
- 1 onion
- 3 tomatoes
- ½ cup vinegar
- Salt and pepper to taste

Place the shredded young banana heart in brine solution to prevent from getting black. Then wash off the salt in a colander.

Cook the pork in a small amount of water. When dry, add more lard and continue cooking until brown. Then add the garlic, onion, and tomatoes. When done, add shrimps and the sliced banana heart, and continue cooking until nearly dry. Add the *misó*, shrimp juice and vinegar. Season with salt and pepper.

KILAWING LABANOS (RADISHES)

Use 8 radishes instead of 2 cups of banana heart and follow directions for Banana Heart *Kilawin*.

BINAGIS

- ½ kilo pork
- ¼ kilo liver
- 1 heart
- 1 kidney
- ¼ cup onion
- 1 large, red sweet pepper, cut into strips
- 3 tablespoons garlic
- Vinegar
- Salt

Boil the pork until tender. Cut the pork into small slices. Do the same with the liver, heart and kidney. Season with vinegar and salt. Add the liver, onion, and red sweet pepper. Serve hot.

BOPIS

¼ kilo liver
½ kilo pork lungs
1 pork heart
4 tablespoons lard
2 cloves garlic
1 medium-sized onion
1 cup sliced tomatoes
½ cup water
¼ cup vinegar
Salt and pepper
½ cup radish (sliced thin)

Boil the lungs until tender. Remove the tendons and chop with the heart and liver. Sauté the garlic, onions, and tomatoes in lard. Add the chopped lungs, heart, liver and radish. Add vinegar and water and cook until done. Season with salt and pepper.

KILAWING ATAY AT BABOY
(Liver and Pork)

½ kilo liver (pork)
½ teaspoon pepper
½ cup water
¼ kilo lean meat (pork)
2 tablespoons salt
1 cup sliced radish
1 onion
½ cup sliced tomatoes
½ cup vinegar
5 tablespoons lard
5 cloves garlic
Red pepper

Cut the meat and the liver into small pieces. Sauté the garlic until brown, then add the onions and tomatoes. Add the lean meat and season with salt and pepper. Then add the vinegar and water. When the lean meat is tender, add the liver, radish, and red pepper. Cook for a few minutes.

KILAWING HIPON
(Shrimps)

1 cup shrimps
¼ cup onions
½ teaspoon salt
½ cup vinegar
Pepper

Peel shrimps. Soak in vinegar and salt, pepper and onions. Put in a pan. Add water and cook. Before removing from the fire, season to taste.

KILAWING TALABA
(Oyster)

1 cup shelled oysters
5 native onions, peeled and cut into rounds
2 cloves garlic, pounded
½ cup vinegar (add water if it is too sour)
5 peppercorns, pounded
Salt to taste

Marinate the oyster meat with the rest of the ingredients. Boil. When the oysters are cooked, add 3 tablespoons lard. Add salt to taste.

KILAWING ULO NG BABOY
(Pig's Head)

Boil the pig's head in water and salt. When tender, remove from the stock. Cool. Separate the meat from the bones. Cut the meat into small pieces. Set aside.

Prepare a solution of ½ cup vinegar, 4 tablespoons soy sauce, 1 teaspoon pepper, 1 onion cut into thin pieces and 2 segments crushed garlic. Mix with the pork before serving. Serve with *pansít*, *lugaw* (*arroz caldo*) and *mami*.

MENUDO

BANGUS MENUDO

- 2 cups flaked fish (*bangús*)
- 3 segments chopped garlic
- 1 onion, sliced and chopped
- 1 can tomatoes
- 6 tablespoons lard
- 3 potatoes, diced and fried
- 1 cup boiled chick-peas (*garbanzos*)
- 1 small can sweet peas
- 1 small box seedless raisins
- 5 tablespoons tomato catsup
- Salt to season
- Hard-boiled eggs

Sauté the garlic and onion in lard and when half-done, add the canned tomatoes and cook well until one-half of the water has evaporated. Add the chick-peas and potatoes and cook for a minute, then add the peas and raisins which have been washed and soaked.

Add the fish and tomato catsup, mix well and season with salt. Garnish with slices of hard-boiled eggs.

COW'S TAIL OR LEG—*MENUDONG PATA*

- ½ kilo oxtail or leg
- 2 sausages, sliced
- 1 piece ham, cut into cubes
- 2 tablespoons lard
- 2 tablespoons *pamintón* powder
- 2 cups stock
- ½ can tomatoes (small size)
- 1 onion, minced
- 2 green peppers
- 1 bay leaf
- 3 cloves garlic
- 3 fresh tomatoes
- 2 cups chick-peas (*garbanzos*)
- Salt and pepper

Clean and boil the tail and legs in water and salt until tender. Separate the meat from the bones. Fry the garlic, onions, tomatoes, and the sliced sausages in hot lard. Add *pamintón*, green pepper, bay leaf and oxtail or leg stock. Add the meat and chick-peas. Simmer until sauce is of desired consistency. Season with salt and pepper.

Variation: Cow's tail or leg can be substituted with any meat, or tripe.

MITSADO

BEEF *MITSADO*

- 1 kilo meat
- 3 big onions
- 1 cup fresh tomatoes
- Strips of fat
- 1 bay leaf
- 1 tablespoon *pamintón*
- Salt and pepper to taste
- 1 cup vinegar
- 2 cups water

Insert fat strips lengthwise in meat. Season with salt and pepper for 1 hour. Then fry in lard until brown. Add 2 cups water, vinegar, bay leaf, tomatoes and onions and cover. Cook slowly in a covered pan until broth is almost dry. Lastly, add the *pamintón*. Cook until sauce becomes thick. Potato can be added if desired.

MOLE

BEEF *MOLE*

½ kilo beef, cut into pieces
½ cup tomatoes
¼ cup sliced onion
2 heads *pechay*
Broth
¼ cup rice flour, toasted
¾ cup peanut, toasted and ground
½ tablespoon pounded garlic
Pepper and salt to taste
Atsuwete water

Clean the beef and boil until tender. Cut into desired pieces. Sauté the garlic, onions and tomatoes. Add the beef, *pechay*, and stock. Season with pepper and salt. Cover and cook for 5 minutes. Add the toasted ground rice flour, peanut, *atsuwete* water and cook for another 5 minutes. Serve hot.

FISH *MOLE*

Substitute beef with any fried fish.

PESA

PESANG DALÁG

1 *dalág* (or any fish mentioned below)
1 piece each of ginger and onion
1 head cabbage
2 cups water
1 head *pechay*
5 grains whole black pepper
1 head green onion
Salt to taste
¼ cup *misó*

Place the water, ginger, peppercorn, onions, cabbage, and *pechay* in a saucepan. Bring to a boil and cook until vegetables are half done. Add the fish and season with salt and pearl onion. Serve hot with *misó* sauce. Other fish can be made into *pesà* such as *bangús, apahap, lapulapu.*

MISO SAUCE

3 tablespoons lard
⅓ cup tomato
½ tablespoon garlic
¼ cup *misó*
¼ cup onion
Salt and pepper to taste

Sauté the garlic in lard until light brown. Add onions and tomatoes. Cover and cook for 5 minutes. Add *misó*. Season with salt and pepper. Stir and cook for 5 minutes.

PESANG MANOK (*CHICKEN*)

1 medium-sized chicken
1 piece ginger
4 cups *sayote* or *upo* (cut into 1-inch cubes)
4 cups water
2 tablespoons salt
¼ cabbage
Few stems of green onions
Few grains of peppercorn

Dress the chicken and cut into pieces. Put in saucepan, add ginger root, onion, peppercorn, and salt. Cover and cook slowly until the chicken is tender. Then wash the cabbage, other vegetables and onions and add to the chicken. Cook for another 5 minutes. Serve with *patís* and *kalamansí* juice.

PINAKSIW

BIYA WITH COCONUT MILK

Clean the *biyâ*. Boil it slowly for 15 minutes in vinegar. When half-cooked, add a cup of thick coconut milk, ½ teaspoon salt and the juice of a *kalamansi*. Lay the fish on a platter and pour over it the gravy made from the stock in which it was cooked. (Other fishes may be used such as *bangús and banak*).

PAKSIW NA BABOY

1 kilo pork
1 cup vinegar
1 cup water
½ cup soy sauce
1 head garlic
2 tablespoons sugar (optional)

Mix all the ingredients and simmer until meat is tender. Stir occasionally. Serve hot.

PAKSIW NA BANGUS

1 fat *bangús* (milk fish)
1½ cups vinegar
½ cup water
1 piece ginger
1 cup *ampalayá* or eggplant (sliced)
Salt and pepper to taste

Clean the *bangús* without removing the scales. Cut into pieces and clean the head and intestines very well. Season with salt. Set aside. Cut the *ampalayá* into big pieces and line at the bottom of a pot. Lay the fish and add the crushed pieces of ginger. Lastly, add the vinegar, water, and pepper. Boil until done. Garnish with the pieces of *ampalayá*. Season to taste.

Any fish can be made *paksiw* in this way, such as *hasa-hasà, tambán, dilis,* and *kabasi.*

PAKSIW NA LITSON

1 kilo *litson*
1½ cups *litson* sauce
1 head garlic
1 cup water
Peppercorn, salt to taste
6 tablespoons sugar
Bay leaf
Peppercorn
Salt to taste
Orégano
1 cup vinegar

Mix all ingredients and simmer for about half an hour over low heat.

PAKSIW NA PATA
(LEG OF PORK)

1 *pata* (pork's leg)
½ cup vinegar
1 head garlic
½ cup dried banana blossom
1 tablespoon sugar
Enough water to cover the ingredients
Salt, soy sauce and pepper
Laurel, oréganó

Soak the banana blossom and remove the hard tips. Clean the *pata* well, add water and vinegar to cover the rest of the ingredients. Boil then reduce the heat and allow to simmer until very tender.

PAKSIW FISH IN ANOTHER WAY
(*KANDULI, DALAG, TIGITI*)

A fish
¼ cup tomatoes
¼ cup onions
¼ cup *alagáw* leaves
½ cup vinegar
¼ cup water
4 cloves garlic
6 peppercorns
A piece of yellow ginger
Salt

Clean the fish, then salt. In a pot, place the fish and all the ingredients. Cook over moderate fire. When fish is cooked, remove from fire.

PAKANG TALUNAN

1 cock *talunan* or any chicken
½ cup tomatoes
3 tablespoons lard
2 onions
1 tablespoon salt
1 cup water
Radishes
2 cloves garlic
2 tablespoons ginger
¼ cup native white vinegar
1 tablespoon *patís*
½ tablespoon black pepper
Sili leaves

Cut the dressed cock at the joint and cook with vinegar, garlic, salt, and pepper. Fry the garlic in lard and when nicely browned, add the onion, ginger, tomatoes, *patís*, and the cooked chicken. Let boil for 2 minutes, then add the broth in which cock was boiled. Boil until water has evaporated, then add the radishes and cook until tender. Add the *sili* leaves. Serve hot.

Talunan is a cock that has lost in the game of cockfight. Other fowls can be cooked in the same way.

PINANGAT

FISH *PINANGAT*

1 fish
2 tablespoons lard
Juice of 3 *kalamansí*
Salt to taste
Enough water to cover the fish

Clean the fish very well; remove the scales. Place in a pot and put water and salt. Bring to boiling point. When simmering, put the lard and *kalamansí* juice. Serve cold.

Fish that can be used for *pinangat: bangús, tunsóy, lapád, dilis, sapsáp, ayungin, talimusák.*

Shrimp can be used also for *pinangát.*

REBOSADO

BRAIN *REBOSADO*

1 calf's brain
4 eggs
1 teaspoon parsley
4 tablespoons flour
Salt and pepper to taste

Clean the brain, and boil in salt and water. Chop and add the flour, the well-beaten eggs, lemon juice, pepper, and salt to taste; fry by spoonfuls. Serve with the following sauce:

4 tomatoes
3 tablespoons onions, chopped
2 tablespoons parsley, chopped
1 tablespoon garlic
3 tablespoons oil
6 teaspoons stock

Sauté the garlic in oil, add the onions and other ingredients, then the stock and cook for 10 minutes. Pour this sauce over the cooked brain and serve.

SHRIMP *REBOSADO*

1 cup shrimp meat
6 native onions
4 eggs
½ cup lard
Salt

Slice the onions fine and sauté in hot lard with the shrimps. Remove from fire. Beat the eggs until light and cream-colored, then add to the shrimp mixture. Drop by spoonfuls into hot lard and cook until brown.

RELLENO

STUFFED *BANGUS*

- 1 big *bangús*
- 2 tablespoons raisins
- 1 potato, diced
- 3 tablespoons sweet cucumber pickles
- 1 onion, cut into tiny cubes
- 2 regular-sized tomatoes
- 1 egg
- Salt and pepper to taste

Remove the scales of a big *bangús*, taking care not to destroy the skin. Rinse well. With the back of a big kitchen knife, beat the *bangús* thoroughly on both sides, from head to tail until the flesh is loosened from the skin. Through the neck remove carefully all the meat. Then remove all the spines. To the meat of the fish, add a little salt and pepper.

Cut very fine the onions, 2 regular-sized tomatoes, and 1 potato. Mix all these ingredients with the prepared fish meat and add 2 tablespoons raisins and 3 tablespoons chopped sweet cucumber pickles. Add 1 egg and mix well.

Dash the empty fish skin with a little salt and pepper. Stuff the fish with the above mixture with the aid of a spoon until the fish regains its normal size. Fry until brown.

RELLENONG ALIMANGO
(Stuffed Crab)

Flake the meat of 2 dozens boiled crabs and save the shells. Sauté the crab meat with garlic, onion, and tomatoes. Season with salt and pepper. Stuff the shell with this filling, dip in well-beaten eggs and fry.

RELLENONG HIPON
(Stuffed Shrimps)

- 20 medium-sized shrimps
- 6 tablespoons chopped pork
- 1 section garlic, chopped fine
- 1 tablespoon minced onion
- 2 tablespoons minced mushrooms
- 3 tablespoons water chestnuts, cut fine
- 1 tablespoon flour
- 1 tablespoon finely cut onion leaves
- 2 regular-sized tomatoes
- 2 tablespoons lard
- 2 eggs
- A pinch of pepper
- Salt
- A few drops of lemon

Blanch the shrimps in boiling water. Remove the shells from 10 shrimps, leaving the heads and tails intact. Make a deep cut at the center of the back, in a straight line, from the head to the tail. Sprinkle with a pinch of pepper, salt, and a few drops of lemon juice. Sauté the garlic, onion, and tomatoes in lard. Add the meat of the 10 remaining clean shrimps mixed with the chopped pork, chopped mushrooms and water chestnuts (*apulid*). Cook for 5 minutes longer. Add the green onions and mix thoroughly. Stuff the shrimps with the above mixture. Dip in 2 well-beaten eggs with 1 tablespoon flour and fry in hot, deep fat until brown.

Serve with sweet-sour sauce made of the following:

- ½ cup vinegar
- 1 tablespoon salt
- 2 tablespoons soy sauce
- 2 tablespoons sugar
- 2 tablespoons cornstarch
- ½ cup water

Mix all ingredients and cook.

RELLENONG MANOK
(Stuffed Chicken)

(See page 56)

RELLENONG PUSIT
(Stuffed Squid)

- 12 squids
- ¼ cup shrimps' meat
- ¼ cup *singkamás*
- ¼ cup onion
- 1 tablespoon *kintsáy*
- 4 tablespoons onions
- 2 cloves garlic
- ¼ cup vinegar
- 6 tablespoons lard
- Pepper and salt to taste

Clean the squids and remove the tentacles and the intestines. In removing the intestines, do not remove the bag of black substance inside the squid. Marinate the squid in a mixture of vinegar, garlic and pepper for 1 hour.

Chop the tentacles of the squids, the shrimps, *kintsáy* and *singkamás*. Sauté in lard the garlic and the chopped onions, then the squids with shrimps. Season with salt and pepper and fill the squids with this mixture. Sew the opening and cook with the mixture of vinegar, salt and pepper. Add the black juice of the squids. When squids are tender, add the lard.

SALSEADO

LIVER WITH SOY SAUCE

- 5 slices beef liver
- 2 cups onions
- 6 slices bacon
- 2 tablespoons lard
- ½ cup soy sauce
- 1 tablespoon *kalamansi* juice

Soak the liver in soy sauce and *kalamansi* juice. Meanwhile sauté the onions in 3 tablespoons lard and set aside. Pan-fry the bacon in a skillet until done. Remove the bacon and cook the liver in its fat. Allow 5 to 8 minutes cooking time for each side of the liver slices. When done, add the rest of the soy sauce. Place on a platter. Garnish it with fried bacon and sautéed onions. Serve hot.

SINIGANG

SINIGANG NA BABOY (PORK)

- ½ kilo pork
- 2 medium-sized *gabi* roots, sliced 1-inch long
- 5 *mustasa* leaves (*buro*)
- 1 bunch squash tops
- 2 large tomatoes, cut into quarters
- 2 medium-sized radishes, sliced 1-inch long
- 4 pieces green tamarind fruit
- 4 cups rice water
- Salt to taste
- *Patis* to taste

Place the pork, tomatoes, tamarind and water in a pan with 2 cups water. Cover and cook until the pork is tender. Add 2 cups more of water and boil. Add the radish, *gabi*, *mustasa* leaves, and squash tops. Season with salt. Cover and cook until the vegetables are done.

SINIGANG NA BAKA (BEEF)

- ½ kilo beef, sliced into 2-inch cubes
- 3 cups *kangkóng*, cut into 1-inch long pieces
- 4 cups rice water
- 3 tomatoes, cut into quarters
- 4 radishes, sliced
- 3 tamarinds (green)
- 2 tablespoons salt

Place the tamarinds, tomatoes and 2 cups rice water in a saucepan. Boil and add the beef. Season with salt and cook until the meat is tender. Add the radishes and the *kangkóng* leaves and the rest of the rice water. Boil until beef and vegetables are tender.

SINIGANG NA MANOK (CHICKEN) *SA BULAKLAK NG SAMPALOK*

1 medium-sized fat chicken
2 cups *sitaw*, cut into 2-inch long pieces
3 eggplants, cut into pieces
Tomatoes
Salt to taste and enough water
1 onion
Enough young tamarind leaves and flowers

Cut the dressed chicken into serving pieces. Wrap the tamarind leaves and flowers in banana leaf. Boil in very little water the tamarind, tomatoes, onions, salt, and chicken. When done, add more water and bring to a boil again. Add the vegetables. Boil until done. Serve with *patís.*

Variations: *Sinigang* may be varied by using fish or shrimps, hanging the vegetables and the acid fruits used. The following are some vegetables and acid fruits from which to choose:

Vegetables:

Radishes
Sitaw
Kangkóng
Mustard leaves
Squash tops
Sweet potato tops
Alibambang leaves

Acid Fruits:

Kamyás
Tamarind
Green mango
Bulaklák ng sampalok
Ripe guavas
Santol
Bignay

SINIGANG NA DILIS SA TUYONG KAMYAS

1 cup dried *dilis* with heads and intestines removed
1 tomato
½ cup dried *kamyás*
1 onion
4 okras, cut into halves
2 radishes
3 cups rice water
Salt to taste

Boil in the rice water the sliced tomato, onion and dried *kamyás.* Add salt, radish, and okra. When about done, add the dried *dilis.* Boil till done. Serve hot.

SINIGANG NA HIPON (SHRIMPS) *SA BIGNAY*

1 cup shrimps, medium-sized
1 cup young leaves of *pakô* (a kind of fern)
1 bunch of ripe *bignay*
1 onion
Salt to taste
½ cup tomatoes

Boil the *bignáy* in 1 cup water. When soft, strain. Put in a pot the juice with the rice water, tomatoes and onion. Boil and add the vegetables. When vegetables are half-cooked, add the shrimps and salt to taste. Boil once and serve hot.

SINIGANG NA HIPON SA KAMYAS

5 big shrimps
1 cup *sitaw* pods, cut into 2-inch pieces
1 cup string beans
½ radish, sliced
2 fresh onions with leaves
Kangkóng
Salt to taste
Kamyás

Boil 1 cup rice water with the *kamyás* and onions. Add the vegetables. When half-done, add the shrimps. Cook until done. Add the string beans.

SINIGANG NA ISDA (FISH) *SA SAMPALOK*

1 fish
1 onion
1 cup *sitaw* pods, cut into 2-inch pieces
Kangkóng leaves
8 green tamarind pods
2 cups rice water
4 cups water
Salt to taste

Clean the fish and cut into desired slices. Boil ½ cup of rice water in a covered pot with the tamarind. When the tamarind is soft, mash and strain. Return to the saucepan and add the rest of the water. Cover and bring to a boil. When the water boils, add the onions, *sitaw* and the *kangkóng* leaves. Cover again. When the vegetables are almost cooked, add the fish. Season with salt. Serve with *bagoóng* (salted fish) and sliced fresh tomatoes.

TORTILLA (OMELET)

CLAMS *TORTILLA*

Remove steam-cooked *clams* from shells until you have 1 cup. Add 1 teaspoon salt and a pinch of black pepper. Beat 2 eggs and blend with shelled clams. Fry in hot lard until cooked. Turn over and fry other side. Serve hot with tomato sauce.

CRAB AND CABBAGE *TORTILLA*

1 cup cabbage
1 cup boiled crab meat
1 clove garlic
1 onion
1 ripe tomato
10 tablespoons lard
2 eggs
1 tablespoon *patis*

Sauté the garlic in lard. When brown, add the onion, tomato and cabbage with a little water. When the vegetables are cooked, mix in the crab meat, add a little *patis* to suit the taste and remove from fire. Beat the egg whites until light, then add the yolks. Put all these mixtures on a banana leaf in the frying pan and fry until brown. Turn other side to brown. Invert on plate. Serve cool.

CRAB MEAT *TORTILLA*

2 cups crab meat
3 tablespoons crushed onions
½ tablespoon crushed garlic
3 eggs
3 tablespoons lard
Salt and pepper

Sauté the garlic and onions until light brown. Add the crab meat. Season with salt and pepper. Stir and cook for 3 minutes. Remove from fire and set aside. Beat the eggs until light and prepare 4 *tortillas* using ¼ of the crab meat mixture in each.

PORK OR BEEF *TORTILLA*

1 cup ground meat
2 potatoes, cut into cubes
1 onion
2 segments garlic
5 tomatoes
2 eggs
Salt and pepper to taste
Lard

Sauté the garlic, onion and tomatoes. When done, add the meat and season with salt and pepper. When nearly done, add the potatoes. Cook until the potatoes are soft. Put on a platter to cool.

Separate whites from yolks of egg. Beat whites until stiff and dry, and add one yolk at a time. Prepare banana leaves just enough to cover a plate. Spread lard and beaten egg, and put the cooked mixture. Spread nicely and pour the beaten egg to cover. Put hot lard in frying pan and fry until brown. Have another plate with banana leaves and invert. Fry again until brown. Invert on a clean plate when ready to be served.

SHRIMP *TORTILLA*

2½ cups shrimp meat
½ cup chopped tomatoes
½ tablespoon pounded garlic
½ cup shrimp juice
½ cup chopped onions
4 tablespoons lard
Salt and pepper to taste
2 eggs

Sauté the garlic in lard until light golden brown. Add the onions and the tomatoes. Cook for 3 minutes. Add the shrimp meat and shrimp juice. Season with salt and pepper. Cover and cook for 10 minutes. When done, remove from the fire.

Beat the eggs until light. Season with salt and pepper. Pour ½ cup or more of the stiffly beaten eggs on a hot skillet. Cook for 2 or 3 minutes over moderate flame. Drop sautéed shrimp on one side of the *tortilla,* fold the empty side over the filling and then turn.

VEGETABLE *TORTILLA*

1 cup cabbage
½ cup celery
1 small *patola*
2 segments garlic
2 eggs
1 small carrot
1 onion
1 cup crab meat or shrimps
Salt and pepper to taste

Boil the crabs or shrimps with a little water and salt. When done, separate the meat from the shell. Set aside. Cut the vegetables into fine strips.

Sauté the garlic and onion. Add the crab meat and season with salt and pepper. Add all the vegetables and cook for a short time. Put on a platter to cool.

Prepare beaten eggs. Spread banana leaves and pour the mixture. Cover top with beaten eggs. Fry until brown in hot lard. Do the same with the other side. Serve while hot with sweet-sour sauce.

Other vegetables that can be used for *tortilla* are *upo,* eggplant, pepper, potatoes, and sweet potatoes.

SALMON *TORTILLA*

2 cups salmon
1 cup onions
3 tablespoons lard
Salt and pepper to taste
½ cup tomatoes
½ tablespoon garlic
3 eggs

Sauté the garlic in 1 tablespoon of lard until light brown. Add the onions and the tomatoes. Cook for 5 minutes. Press the tomatoes with a basting spoon. Add the fish. Season with salt and pepper. Cook for 5 minutes. Remove from the fire.

Beat the eggs until light. Follow the instructions for preparing *tortilla.*

LUMPIYA

FRESH *LUMPIYA* WITH SWEET POTATOES

1 cup pork, cut very fine
1 cup shrimps, shelled
1 cup *abitsuwelas*, sliced
1 cup yellow sweet potatoes
1 cup cabbage, cut fine
1 onion, sliced
½ cup *tokwa*, diced

3 cloves garlic, macerated
1 tablespoon salt
1 small bundle *kintsáy*
1 cup shrimp juice
6 tablespoons lard
20 *lumpiyâ* wrappers

Boil the pork until tender and lard is formed. Remove the pork and add more lard. Sauté garlic, onion, *tokwa* and the cooked pork. Add the shrimps, *abitsuwelas*, cabbage, yellow *kamote* and shrimp juice. Season with salt and cook until done. Set aside on a platter to cool. Add the *kintsáy*. Put 2 tablespoons of the mixture into each *lumpiyâ* wrapper and serve with *lumpiyâ* sauce.

See Sauce for *Lumpiyâ*.

Variations of Fresh Lumpiya:

Fresh Lumpiyâ With Papaya

Use 3 cups of shredded green papaya instead of *abitsuwelas* and yellow *kamote* in Fresh *Lumpiyâ* with Sweet Potatoes, and follow the same procedure.

Fresh Lumpiyâ With Peanuts

To the recipe of Fresh *Lumpiyâ* with Sweet Potatoes, add 1 cup ground roasted peanuts to the cooked vegetable mixture. Sprinkle more ground peanuts generously on *lumpiyâ* wrapper before wrapping.

Fresh Lumpiyâ With Singkamás

Fresh *singkamás*, cut into small cubes or strips, is used instead of *abitsuwelas* and yellow *kamote* in Fresh *Lumpiyâ* with Sweet Potatoes recipe.

LUMPIYANG LABONG (BAMBOO SHOOT)

½ kilo pork
5 bean cakes (*tokwa*)
1 big onion
6 cups boiled *labóng*
4 cups shrimps
½ cup shrimp juice

4 cloves garlic
4 tablespoons lard
Salt and pepper
Lumpiyâ wrappers
Fresh lettuce

Slice the pork and shrimps into pieces. Save the juice from the heads and shells of the shrimps. Chop the *labóng*. Sauté the garlic, onion and add the meat and shrimp slices. Add the sliced and fried *tokwa*, then the shrimp juice. Simmer a few minutes then add the *labóng*. Season to taste and cook until tender. Wrap in *lumpiyâ* wrapper and lettuce and serve with sauce.

LUMPIYA WITH UBOD (COCONUT HEART)

1 coconut heart
2 cups shrimps
2 cups pork
4 tablespoons lard

1 cup shrimp juice
¼ cup *tokwa*, sliced very fine
Salt to taste
Kintsáy

Boil the pork until tender. Shell the shrimps, extract juice from the shrimp shells. Cut the coconut heart into strips. Sauté the shrimps and pork, then add the shrimp juice. Add the coconut heart (*ubod*). Simmer over low heat until the coconut heart is tender. Add salt and cook a minute longer. Cool. Wrap in *lumpiyâ* wrappers and lettuce.

Serve with *Lumpiyâ* Sauce.

OKOY

FRIED LUMPIYA SAUCE FRESH LUMPIYA

SAUCE FOR *LUMPIYA*

5 tablespoons cornstarch
¼ cup sugar
1 cup water
¼ cup soy sauce

Mix cornstarch with water. Put this in a stew pan; add soy sauce and brown sugar. Cook over slow fire until thick, stirring constantly. When done, remove from fire.

Spread one sheet of *lumpiyâ* wrapper with sauce; place on the sheet 2 or 3 fresh lettuce leaves; on the leaves, place 2 tablespoons of filling. Form into a roll. Serve with garlic, chopped fine.

LUMPIYANG TOGE
(Mongo Sprouts)

1 cup mongo sprouts, washed and sorted
½ cup sliced, boiled pork
½ cup shrimps, sliced thin
½ cup sliced cabbage
2 segments garlic, minced
1 chopped onion
½ cup sliced *tokwa*
2 tablespoons *patís*
1 cupful of shrimp juice

[illegible]

Boil the pork in salted water until tender. Sauté the garlic, onion, shrimps, and mongo sprouts; add *patís*. Cover and cook until mongo sprouts are almost tender. Add 1 cup of shrimp juice and boil. Lastly, add the cabbage and boil the mixture again for about a minute longer. Remove from the fire and wrap about 2 tablespoons of the mixture in each *lumpiyâ* wrapper. Serve with pounded garlic and *lumpiyâ* sauce.

LUMPIYANG UBOD ESPECIAL
(COCONUT HEART)

1 coconut heart
1 cup lard
4 segments garlic
1 small onion, sliced
1 cup shrimps, shelled
½ cup pork
½ cup carrots, cut in strips
25 *lumpiyâ* wrappers
1 cup string beans
1 cup cabbage, shredded
½ cup boiled *garbanzos*
⅓ cup shrimp juice
25 lettuce leaves, washed
Salt and pepper

Cook the pork and extract the fat. Sauté the garlic and onions. Add the cooked pork, shrimps, carrots, string beans, cabbage, cooked chick-peas (*garbanzos*), salt and pepper, and cook until done. Set aside on a platter to cool. Wrap in *lumpiyâ* wrapper with lettuce and serve with brown sauce.

FRIED *LUMPIYANG TOGE*
(Mongo Sprouts)

½ cup pork, chopped
2 cups mongo sprouts (short ones)
2 potatoes
2 squares *tokwa*, cut very fine
1 carrot, cut into fine strips
Salt to taste
Vinegar
½ cup shrimps, cut into fine pieces
1 onion
2 segments garlic
¼ cup lard
Lumpiyâ wrappers

Prepare all the ingredients before sautéing. Sauté the garlic and onion in lard. Then add the chopped pork, shrimps, *tokwa*, and potatoes. Cook until the potatoes are done. Lastly, add the carrot and mongo sprouts. When done, put on a platter and cool. Wrap in *lumpiyâ* wrappers very tightly. Fry until brown. Serve with vinegar, salt and garlic.

LUMPIYANG UBOD (VISAYAN STYLE)

Lumpiyâ Wrapper:

3 cups flour
5 cups water
1 tablespoon salt

Sift the flour. Mix salt with the water. Add 1 cup water to the flour to make a stiff dough. Beat the dough hard against the sides of a large mixing bowl to soften and make it elastic. Then add more of the water to make it soft. Continue the beating until the mixture becomes elastic and has a consistency of thin batter.

Heat the frying pan greased with pork fat; then rub it with the batter by the hand, spreading it lightly and thinly. Turn as it detaches from the frying pan.

Filling:

1 small coconut heart
½ kilo pork
½ kilo shrimps
¾ cup lard
1½ squares *táhuri*
2 onions
1 head garlic
¼ cup sugar

Cut the coconut heart into fine strips, the pork, into small cubes and the shrimps, divided at the back and cut into small pieces. Pound the garlic fine and cut the onions into fine slices.

In a frying pan, put about ¾ cup lard. When hot, sauté the garlic until golden brown. Add the onions and cook the mixture until the onions are very well-sautéed, then add the pork and the shrimps. Blend the mixture well and leave it to be well-sautéed, then add the mashed *táhuri*. Mix well and add 2 cups of shrimp juice. When it has boiled, add the coconut heart. Cook until the heart is soft (not overcooked) and the mixture is quite dry. Add ¼ cup sugar to taste. Then transfer to a container to cool before wrapping.

Sauce:

1 square *táhuri*
1 tablespoon flour
1½ tablespoons sugar
1 cup water
1 head garlic
½ cup oil

Mash the *táhuri*, mix the flour, sugar and water. Blend well.

In a frying pan put oil, sauté ½ of the finely pounded garlic until brown, then stir in the mixture of *táhuri*. This is done when the mixture is thick and coats the spoon. Transfer to a container. Mix it with ½ of the finely pounded garlic.

Spread this sauce on each *lumpiyâ* wrapper, then put a tablespoonful of the sautéed filling. Garnish with lettuce or young onion leaves and wrap neatly.

GROUND BEEF OR PORK *LUMPIYA*
(Fried)

½ cup ground beef or pork
1 onion, sliced
1 medium-sized tomato
1 small box raisins
2 potatoes, finely cubed
2 cloves garlic, crushed
20 *lumpiyâ* wrappers
½ cup lard

Heat lard in frying pan and sauté the garlic, onion and tomato. When brown, add potatoes. Add ground beef and cook till done. Add raisins, pepper and season to taste. Transfer to shallow plate and cool. Drop 1 tablespoon mixture on each *lumpiyâ* wrapper; fold and fry in hot lard. Serve with sauce prepared with *kalamansí* juice and soy sauce.

FRIED *LUMPIYANG BANGUS*

1 medium-sized *bangús*
1 tablespoon garlic, crushed
2 hard-boiled eggs
20 *lumpiyâ* wrappers
½ cup onions
½ cup tomatoes
⅛ box raisins
Salt and pepper
Vinegar

Clean the fish and place in a saucepan. Boil it in water and salt. Separate the meat. Sauté the garlic until light brown. Add the onions and tomatoes. Cook for 5 minutes, then add the fish. Season with salt and pepper. Remove from fire and add the raisins and chopped hard-boiled eggs.

Separate the *lumpiyâ* wrappers and put a tablespoonful of the sautéed fish on each wrapper. Wrap carefully and fry in deep hot fat. Serve with garlic and vinegar.

FRIED *LUMPIYANG MANOK AT PATATAS*
(Chicken and Potatoes)

1 breast of chicken
2 cups of potatoes
½ cup *garbanzos* (chick-peas)
1 hard-boiled egg
1 small carrot
1 onion
2 segments garlic
½ cup raisins
Salt and pepper
Lumpiyâ wrappers

Cut the chicken into fine pieces. Sauté the garlic and onion in lard. When done, add the chicken and season. Add a little water to soften the chicken. When dry, add the potatoes and carrot. Lastly, add the *garbanzos*, hard-boiled egg and raisins. Put on a platter and cool. Wrap in *lumpiyâ* wrapper and fry until golden brown.

FRIED *LUMPIYANG UBOD*

2 cups *ubod*, cut into fine slices
½ cup carrots, cut into fine slices
2 segments garlic
¼ cup lard
½ cup shrimps
1 cup pork, chopped
¼ cup *kintsáy*
Lumpiyâ wrappers
Salt to taste
2 tablespoons onions, chopped

Sauté the garlic, onions, chopped pork and shrimps in lard. Season with salt, then add the *ubod* and carrots. Cook until the vegetables are done. Add *kintsáy* and put on a platter to cool. Wrap in *lumpiyâ* wrappers, then fry until brown.

FRIED *LUMPIYA ESPECIAL*

½ cup chopped pork
½ cup chopped beef
½ cup chopped ham
½ cup boiled *garbanzos* (chick-peas)
½ cup potatoes, cut into small cubes
2 tomatoes, cut into pieces
1 onion, minced
1 bay leaf
3 cloves garlic, pounded
2 hard-boiled eggs, cut into pieces
½ cup water
1 tablespoon paprika
1 box raisins
1 teaspoon salt

Sauté the garlic then add the onion, potatoes, tomatoes, meat, bay leaf, paprika and water. Cover and simmer until meat is tender. Add *garbanzos* and raisins.

Let cool before wrapping. Add hard-boiled eggs and wrap in *lumpiyâ* wrapper, folding the two ends well. Fry until golden brown. Serve with a mixture of garlic, vinegar and salt.

FRIED *LUMPIYA - TOKWA - KINTSAY*

15 squares *tokwa*, grated in cheese grater
½ cup ground pork
½ cup chopped shrimps, shelled
3 cloves garlic, chopped very fine
1 onion, chopped fine
1 tablespoon salt
½ cup *kintsáy*, cut into pieces ½ inch long
Lard

Sauté the garlic, onions, and *tokwa* until brown. Add the ground pork and the shrimps. Add salt to taste. Cook the mixture until done. Add the *kintsáy*. Set aside to cool. Wrap in *lumpiyâ* wrappers in finger-like sizes. Fry these in hot lard until brown. Serve with sweet-sour sauce.

SWEET - SOUR SAUCE FOR FRIED *LUMPIYA*

4 tablespoons cornstarch
¼ cup soy sauce
6 tablespoons *kalamansi* juice
⅓ cup water
¼ cup sugar

Dilute the cornstarch with water. Add the other ingredients and simmer until cooked.

PUTSERO

PUTSERONG TAGALOG

½ kilo beef
¼ kilo ham
½ chicken
4 sweet potatoes
4 bananas (*sabá*)
4 eggplants
3 tablespoons salt
2 Bilbao sausages
1 small cabbage

Boil 8 cups water. Add the beef, ham, chicken, sausages and onion. When meats are tender, add the cabbage cut into big pieces, whole bananas, sweet potatoes cut into quarters and eggplants cut into halves. Add salt to taste. Serve with the following sauce:

4 eggplants
2 sweet potatoes
2 tablespoons garlic
3 tablespoons vinegar
Salt and pepper to taste

Boil the vegetables together until cooked. Peel and crush the garlic, pound all the cooked vegetables until fine, then add the garlic, vinegar and salt. Add sugar if desired.

GUISADONG PUTSERO

1 chicken
2 potatoes, quartered
1 clove garlic, minced
1 onion
½ kilo pork
½ cup boiled *garbanzos* (chick-peas)
5 ripe tomatoes or 1 small can tomato sauce
½ kilo beef
1 small cabbage
2 Bilbao sausages, sliced
2 slices of ham or bacon
8 tablespoons lard
6 bananas (*sabá*)
Salt to taste

Cut the chicken and meats into pieces and boil until tender with ham and sausages. Season with salt. Remove meat from casserole and use meat stock to boil with cabbage and potatoes. Boil bananas separately.

Sauté the garlic, onions, tomatoes and tomato sauce in lard. Add the meat and just enough broth to make a thick sauce. Season to taste. Add cooked *garbanzos* (chick-peas).

OLD-FASHIONED PUDDING
MAZAPAN DE PILI IN CUPS

PANSIT LUGLOG & ASSORTED COOKIES

PANSIT

(NOODLES)

PANSIT KANTON

1 round bundle of fried noodles
1 cup boiled chicken, minced
½ cup sliced *apulid* (water chestnuts)
½ cup sliced cauliflower
½ cup minced onion
¼ cup Chinese ham
4 tablespoons cornstarch
Chicken broth

½ cup shrimps, sliced lengthwise
½ kilo pork
½ cup sliced carrots
1 cup shredded cabbage
½ cup stringed peas
½ cup dried mushrooms, soaked in water and cut into strips
10 tablespoons soy sauce

Fry the vegetables (carrots, peas, cauliflower, and cabbage) in hot fat in the order given. Mix in a bowl and set aside.

Sauté the onion, shrimps, pork, and chicken. Add soy sauce and allow to simmer for a few minutes. Add the water chestnuts, mushrooms and 2 cups chicken broth. Allow to boil for 5 minutes. Pour the cornstarch dissolved in ½ cup chicken broth, stirring constantly. Remove from fire.

Boil the chicken broth in a saucepan. When boiling, put the noodles. (The broth should be enough to cook the noodles). When soft, place on a platter. Cover with fried vegetables and top with the sautéed mixture. Garnish with *wansoy* and serve with soy sauce and *kalamansí.*

PANSIT GUISADO

1 cup boiled chicken meat
1½ cups chicken stock
1 cup sliced pork, boiled
1 cup sliced, boiled shrimps
3 Chinese sausages
1 cup shredded cabbage
½ cup ham
1 onion, sliced

1 cup shrimp liquor
1 tablespoon flour
1 kilo *bihon*
4 cloves garlic, sliced
1 cup sliced *patola*
3 tablespoons *patís* sauce
6 tablespoons lard
Salt and pepper to taste

Slice the pork, shrimps, and sausages. Cut ham into long, narrow strips. Heat lard and fry the garlic, onions, shrimps, pork, chicken, ham and sausages separately. Set aside enough for garnishing. Mix the rest and season with *patís* and pepper and cook for 1 minute before adding the vegetables. Add the chicken broth and boil until almost dry. Add the *bihon* which has been soaked in water and drained. Cook over a low fire until slightly toasted. An extra spoonful of lard will improve the texture. Arrange the *pansit* on a large platter and garnish with shrimps, sliced, boiled eggs, sausages and a sprig of *kintsáy.* Serve with *kalamansí.*

PANSIT BUKO

2 cups *buko*
½ cup shrimp
½ cup pork
2 hard-boiled eggs

4 tablespoons onion, sliced
1 tablespoon garlic, pounded
3 tablespoons *patís* sauce
Pepper

Sauté the garlic, onions, shrimps, and flaked meat of pork. Add *patís* sauce. Boil the shredded young coconuts. Drain, add this to the sautéed mixture and continue cooking until almost dry. Season with pepper. Garnish with sliced hard-boiled eggs.

PANSIT LUGLOG

½ kilo *bihon*, soaked in cold water 10 minutes, then drained
2 cups finely sliced green onions
2 quarts boiling water or stock
½ cup finely flaked smoked fish (*tinapá*) with spines off
1 head garlic, minced
½ cup celery (*kintsáy*), cut into half-inch pieces
2 hard-boiled eggs, sliced lengthwise
½ cup powdered, crisp cracklings (*sitsarón*)
½ cup shelled shrimps
½ cup lard
½ cup sliced boiled pork
½ cup soy bean cake (*tokwa*), cut into small cubes
2 cups shrimp juice
12 *kalamansí*, halved with the seeds removed with a fork
Salt and pepper to taste
Patis

Cut the pork, shrimps and *tokwa*. Mince the garlic and fry until brown. Drain and set aside. Add the pork to the lard. Cook until brown. Add the *tokwa* and the shrimps. Then add ½ cup shrimp juice. Cover and bring to a boil. Add the *kintsáy* and season with salt and pepper. Set this pork-shrimp mixture aside.

Soak the noodles (*bihon*) in water, dip in boiling water for 5 minutes, then drain and place on a big platter.

Put the *palabok* on top of the cooked *bihon*, or noodles. Add the sautéed ingredients, the *sitsarón*, hard-boiled eggs and green onions. Season with *patis*, *kalamansí* and pepper. The *palabok* is prepared as follows:

PALABOK FOR *PANSIT LUGLOG*

2 cups shrimp juice
3 tablespoons lard
½ cup *atsuwete* juice
2 segments garlic
½ cup cornstarch
2 tablespoons *patis*

Brown the garlic in lard, add the *atsuwete* juice, then add the shrimp juice. Season with *patis*. When it boils, add the cornstarch, stirring constantly until thick and smooth. Salt to taste.

PANSIT MIKI (FLAT NOODLES)

½ kilo pork
½ cup shrimps
½ kilo fresh *miki*
1 onion
1 cup shrimp juice
½ cup lard
1 small bundle *kintsáy*
1 bundle green onions
2 segments garlic
2 *patola*
2 cups pork stock
Patis and pepper to flavor

Boil the pork until tender. Cut into small pieces. Sauté the garlic in lard. Add the onion, shrimps, pork, and the shrimp juice. Season with *patis*. Then add the pork stock and vegetables. When vegetables are cooked, add the *miki*. Do not overcook the *miki*. Serve hot. Garnish with eggs and *kalamansí*.

PANSIT MALABON

1 kilo fresh *bihon*
½ kilo shrimps
½ kilo fat pork
1 square *tokwa*
2 heads garlic
½ cup *tinapá*
½ cup *sitsarón*
½ cup *atsuwete* water
2 hard-boiled eggs
2 cups cabbage
10 *kalamansí*
Patis to taste
Green onions, cut into small pieces

Prepare all ingredients for sautéing. Boil the pork and season with salt. When done, cut into small pieces. Set aside.

Sauté the garlic, then add the shrimps, *tokwa* and cabbage. Add the *atsuwete*, water and season with *patís*. Set aside.

In the same frying pan, brown the garlic. Add 2 cups of shrimp juice or pork stock, then add *atsuwete* and water. Let it boil. Add ½ cup cornstarch diluted with water and continue stirring until *palabok* is done.

Boil the pork stock. Submerge the fresh *bihon* until done and place on the platter.

On top, place the *palabok*, the sautéed ingredients, then the *tinapá*, *sitsarón*, fried garlic, onions, and *patís*. Garnish with slices of hard-boiled eggs and *kalamansí*.

PANSIT MOLO

Dough:

3 cups flour
3 egg yolks
¼ tablespoon salt
¼ cup water

Sift the flour with salt. Add egg yolks and mix. Add water and knead until a fine elastic dough is formed. Extend as thinly as possible on a flour board and cut into small triangles about 2½ inches big. Prepare the following:

Filling:

1 cup chopped pork
1 egg yolk
1 tablespoon salt
Pepper to taste

Mix all the ingredients and fill the triangles. Set aside.

Broth:

1 chicken cut into small pieces
1½ cups small shrimps
3 cups shrimp-head juice
2 cloves garlic, pounded
½ onion, chopped
3 liters chicken broth
2 tablespoons *cuchay*, chopped
Patis or salt to taste

Fry in a generous amount of lard, the garlic, onion and then the shrimps cut into small pieces. Cook until brown. Add *patís* and the juice of shrimps. Boil for a minute then add the chicken and the broth. Boil for a minute. While broth is boiling, drop the prepared raviolis, salt, and pepper. Sprinkle with the chopped *cuchay* and pepper before serving.

SOTANGHON

(Round, Clear Noodles)

SOTANGHON WITH MEAT BALLS

½ cup chopped pork
2 tablespoons chopped onion
2 eggs
1 tablespoon flour
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon lard

2 segments garlic, minced
2 tablespoons onion, sliced
2 cups broth
½ cup soaked *sotanghon*
2 teaspoons *patís*
¼ cup green onion, cut fine

Combine the first six ingredients together; form into balls about ½ inch in diameter. Sauté garlic in lard, add onion and broth. Bring to a boil and drop meat balls one by one. Cook until meat is almost done, then add the *sotanghon* and cook about 5 minutes longer.

Season with *patís* and pepper, pour into a soup tureen or bowl. Sprinkle with sliced green onions, and serve hot as first course for lunch or supper.

SOTANGHON WITH *PATANI*

2 tablespoons lard
½ tablespoon garlic, pounded
½ cup onions, sliced
⅓ cup pork meat, cubed
1½ cups shrimp juice

¼ cup shrimp meat
½ cup *sotanghon*, cut 1-inch long
3 cups *patani* (thin covering
  removed)
Salt and pepper to taste

Follow the usual way of sautéing the garlic and onions. Add the pork and the shrimp meat. Then add the shrimp juice and cover for 10 minutes. Add the *patani*. Season with salt and pepper and cover for 15 minutes more to cook the beans. Add the *sotanghon* which has been soaked in water. Stir and cook for about 10 minutes. A little stock may be added if necessary. Season with salt and pepper.

SPECIAL *SOTANGHON*

½ kilo ground pork
½ kilo ground shrimps
2 onions, chopped fine
½ cup flour
5 eggs
½ kilo *sotanghon*
1 chicken

½ cup ham
2 heads garlic
1 bundle green onions
1 onion
Patís to flavor
Salt and pepper to taste

Mix the pork, shrimps, onion, eggs, flour, salt and pepper until well-blended. Grease a loaf pan with lard and pour in the mixture. Steam for 1 hour. When done, cool and cut into cubes. Meanwhile, boil the chicken and ham. When soft, flake into fine pieces.

Sauté the garlic. When brown, remove and set aside. Add the onion, flaked chicken and ham. Season with *patís*. Pour the chicken stock, then the *sotanghon*. Serve with the steamed mixture, fried garlic and green onions.

How to prepare the sotanghon:

Soak the *sotanghon* for 1 hour in water. Drain. Pour boiling water. Cut into short pieces. This is done to cook the *sotanghon* quickly when added to the chicken stock.

RICE

ARROZ A LA FILIPINA

- ½ cup enriched *malagkit* rice
- 3 cloves garlic
- 3 ripe tomatoes
- 3 medium-sized green pepper
- 1 package raisins
- ½ cup enriched rice
- ½ young chicken
- 1 small onion
- 3 tablespoons lard
- 1 hard-boiled egg
- *Atsuwete*

Dress the chicken and cut into small pieces. Slice the tomatoes and onion. Soak the *atsuwete* in a little amount of water and set aside. Sauté the garlic, onion, tomatoes and chicken. Cover for a short while and when the chicken is brown, add water and cook until tender. When done, add the enriched rice and *malagkit* and the raisins. Add the *atsuwete* for coloring. Turn the mixture from time to time to prevent it from burning. Cook for a few minutes. Add salt to taste. Garnish with hard-boiled egg and pepper.

ARROZ CALDO WITH CHICKEN

- 1 medium-sized chicken
- 1 cup onion
- ½ tablespoon garlic
- 2 tablespoons lard
- ½ teaspoon *kasubhâ*
- 1 cup rice
- ⅓ tablespoon green onion
- *Patís* and pepper to taste

Cut the chicken into desired pieces and boil until tender. Sauté the garlic in lard until light brown. Add the onion and the rice and chicken stock to cook the rice. Season with *patís* and pepper and cover for 3 minutes. Add the chicken and the *kasubhâ*. Cover and boil for 10 minutes.

ARROZ CALDO WITH PORK AND *HIBE* (DRIED SHRIMPS)

Boil the pork until tender. Wash and pound the dried shrimps. Sauté the pounded garlic. Set aside a part of fried garlic. To the lard used for sautéing the garlic, add the onion, ginger, boiled pork, pounded dried shrimps, rice and stock. Boil until rice is cooked. Season with *patís*. Add the *kasubhâ* and fried garlic before serving.

Pork may be omitted.

BRINJE

- ½ kilo pork
- 3 cups rice (*malagkit*)
- 6 boiled crabs (shelled)
- 1 cup shredded shrimps
- 3 green peppers, cut into strips
- ½ cup tomatoes
- ¼ cup *kasubhâ*
- 1 onion
- 1 bay leaf
- 3 segments garlic
- ½ cup lard
- Thick milk of 2 coconuts
- Salt and pepper to taste

Wash the rice and set aside. Sauté the garlic, then add the onion and tomatoes. When done, add the pork. When tender, add the shrimps. Season with salt and pepper and then color with *kasubhâ*. Add the rice and bay leaf. Continue stirring until the color of *kasubhâ* is well-distributed. Then add the coconut milk, enough to cook the rice. Continue stirring to prevent it from burning. When nearly done, add the green peppers. Cover with banana leaves and continue cooking over a low fire.

FRIED RICE
(*Sinangag*)

Boiled rice
6 segments garlic
½ cup lard
Salt to flavor

Crush the cooked rice until all grains are separated. Heat the lard in a frying pan and brown the garlic. When done, add the rice and season with salt. Continue stirring and pressing while frying until the rice is well-toasted.

SITSARON

SITSARON OR *LITSON SA KAWALI*

Big slices of pork belly or half of the whole head of a pig can be prepared into *sitsaron* or *litsón sa kawalì*. These portions are boiled (not too soft, with skin still quite hard) and then fried in deep hot fat until crisp. Serve with *litsón* sauce.

LITSON SAUCE

1 cup liver
½ cup water
½ cup vinegar
¼ cup garlic
¼ cup onions
½ cup sugar
⅓ cup bread crumbs
2 tablespoons salt
2 tablespoons *kasubhâ*
2 tablespoons pepper to taste

Roast the liver, then grind very fine. Dilute with water and vinegar. Pass through a coarse *sinamáy* and grind again the coarse particles left.

Sauté the garlic until light brown. Set aside the fried garlic. Add the onions and cook in the lard. Add the liver and vinegar. Stir when the mixture boils and add the sugar. Then when the vinegar is cooked, add the bread crumbs, the *kasubhâ* and pepper. Put the fried garlic on top.

TIIM

DUCK "TIIM"

1 duck
3 cups water
1 teaspoon salt
12 chestnuts
7 peppercorns
1 head garlic
1 onion
2 heads *pechay*
½ cup *anisado* wine
1 bay leaf
2 cloves
Orégano

Kill and clean the duck and salt it for 1 hour before cooking. Put the duck and all the ingredients together in a steamer. Steam until the duck is tender. When done, add *pechay* leaves cut into pieces 2 inches long. To thicken the sauce, add cornstarch diluted with water. Season with more salt.

Chicken, pigeon and other fowls can be cooked in this manner.

TINOLA

BANGUS TINOLA

1 regular-sized *bangús*
1 piece of potato or *upo* or *sayote*
1 onion
Patís
2 pieces of garlic
2 tablespoons lard
2 cups rice water
1 tablespoon salt

Clean the *bangús*. Cut them into regular sizes. Sauté the garlic and add the onion, the potatoes or *upo* and cover. When cooked, add the rice water. When boiling, add the *bangús* and salt. Cook until the fish and vegetables are done. Season with *patís*.

Bangús can be substituted with *dalág* or any other fish.

TINOLANG DAING AT UPO

1 *daing* (dried big fish)
3 tomatoes
1 onion
2 cups rice water
2 segments garlic
2 cups *upo* or *sayote*
Patís to taste

Soak the dried fish in water. Wash several times. Sauté the garlic, onion, and tomatoes. Then add the fish and cover. When almost done, add the rice water. As soon as it boils, add the *upo* and season with *patís*. Add more rice water if necessary.

CHICKEN *TINOLA*

1 medium-sized chicken
1 tablespoon pounded garlic
2 cups rice water
3 tablespoons onions
2 cups *sayote* or green papaya
1 tablespoon *patís*
Ginger

Sauté the garlic until light brown. Add onions and ginger. Add the chicken and *patís*. Add the rice water and cook until the chicken is tender. Add the vegetables and boil until the vegetables are cooked. Add more water if needed. Serve hot with *patís* and *kalamansí*.

TOTSIO

BANGUS TOTSIO

1 *bangús*
2 pieces ginger
½ onion
2 cloves garlic, sliced crosswise
1 cube *táhurí*
2 tablespoons vinegar
2 tomatoes
3 tablespoons lard

Fry the fish until half-done. Mash the *táhurí* in a little water and vinegar. Sauté the garlic, onion, tomatoes, ginger, and add the *táhurí* mixture. Drop in the fish and add enough water. Boil for about 3 minutes.

Other fish such as *apahap* and *lapulapu* can be used for this dish.

TINAGAS

Clean a *kandulì* very well. Remove the sticky substance from the skin by rinsing with salt.

Sauté 2 cloves minced garlic in lard. Add 2 slices of onions, ½ cup tomatoes and 3 tablespoons *misó*. When cooked, add a piece of yellow ginger, then the fish, 3 tablespoons vinegar, and 3 tablespoons *patís*. Season with pepper. Put ¼ cup *alagaw* leaves and ¼ cup *mostaza* leaves. Cut into pieces. Add a cup of thick coconut milk if desired.

SOUP

BATSOY

2 tablespoons fat
2 segments garlic, macerated
1 chopped onion
1 small piece ginger, cut into fine strips
1 tablespoon *patis*
1 kilo of pig's kidney, liver, and spleen
3 small bundles of *miswa* (optional)
Green onion leaves, chopped

Clean the kidney, liver, and spleen of a pig thoroughly. Cut into small pieces and fry in deep hot fat until a little bit brown. Remove. Sauté the garlic, onion and ginger and add the fried mixture in the fat and *patís*. Mix thoroughly with a spoon and cover. After 10 minutes, add enough stock or rice water to cover and boil until meat becomes tender. Add *miswa* cut into pieces. Add chopped onion leaves before serving.

CLAM *BATSOY* WITH *MISWA*

1 cup clams
1 onion, sliced thin
1 tablespoon lard
1 tablespoon *patis*
1 fold *miswa*
4 thin slices ginger
Green onion leaves, chopped fine
Salt

Wash and boil clams in 2 cups water and a pinch of salt. Cool and remove meat from shell. Heat lard. Sauté the garlic, onions and ginger until brown. Add *patís* and shelled clams. Let simmer 2 minutes, then add clam stock. Add more water if desired. Bring to a boil. Add *miswa* cut into pieces 2 inches long. Season with more *patís*. Garnish with chopped onion leaves.

CLAM

4 cups meat of clams
½ onion
Salt and pepper

Boil the clams in salted water. Separate the meat. Sauté the onion in oil and add the meat of clams. Strain the stock in which the clams have been cooked. Add the stock to the sautéed clams. Add salt and pepper leaves.

CLAM WITH CARROTS

3 tablespoons grated carrots
2 cups *halaan* meat
2 tablespoons ham
½ cup *singkamás*, cut into cubes
1 egg
½ medium-sized onion, sliced
3 cups clam broth
2 tablespoons salt
Pepper to taste

Fry the onion until partially cooked. Add the clams, ham, and clam stock. Boil for a few minutes. Add carrots and *singkamás*. Cook until the vegetables are tender. Season with salt and pepper.

CLAM WITH VEGETABLES

2 cups meat of clam
1 tablespoon garlic
3 tablespoons onions
3 tablespoons wine
1 cup cabbage, sliced
1 bay leaf
3 cups clam broth
Patís to taste
Salt and pepper

Boil the clams in salted water. Separate the meat. Sauté the clam meat in lard with garlic and onions. Season with pepper and salt. Later, add wine, bay leaf, the vegetable and the stock where clams have been boiled.

CRAB AND SOTANGHON

- 4 *alimasag* (crabs)
- 4 tablespoons lard
- 1 onion
- 1 tablespoon pearl onions
- ½ tablespoon *patis*
- 2 cups *sotanghon*
- Pepper to taste
- Garlic

Clean crabs and boil until cooked. Remove meat from shell. Sauté garlic and onions in lard over low fire. Add crab meat and crab broth little by little, stirring constantly until all have been added. Add *sotanghon* cut into pieces 2 inches long. Boil until soft. Add *patis* and pepper to taste. Serve with cut pearl onions.

SOUP VARIATIONS

For variety of soups choose from the following ingredients: noodles, chicken, vegetables and croutons. Stock from beef bones, chicken and pork with ham may be used for soup. Strain before preparing any kind of soup.

Sauté the garlic, then add the broth. Season with salt and pepper. Then add the macaroni or spaghetti or any kind of pastry, or the vegetables to be served with the soup.

If croutons are to be used, they are added before serving.

FIDEOS

- 1 cup chicken meat
- 3 cups broth
- 1 package *fideos*
- ¼ cup onions
- 2 tablespoons garlic
- 3 tablespoons *patis*

Sauté the garlic, add the chicken, then the broth and *patís*. When boiling, add the *fideos*.

PIKADILYO

- ½ kilo ground beef
- 1 onion
- 2 segments garlic
- 3 tomatoes
- ⅓ kilo potatoes
- 6 cups water
- *Patís* and pepper to flavor

Sauté the garlic, onion, and tomatoes. When done, add the ground beef. Cover and simmer. When nearly done, pour in a kettle and season with *patís*, then water. As soon as it boils, add the potatoes and continue cooking until done. Serve hot. The potatoes can be substituted with *upo*, *sayote*, carrot or cucumber.

CREAM OF CUCUMBER SOUP

- 3 medium-sized cucumbers
- 3 tablespoons butter
- 1 tablespoon flour
- 6 cups scalded milk
- 2 beaten egg yolks
- Salt and pepper

Peel cucumbers. Cut in halves lengthwise, remove seeds and slice very thin. Melt the butter in a saucepan and cook the cucumbers until transparent but not brown. Blend in the flour and stir well. Gradually add the milk, stirring constantly. Pass the mixture through a sieve and simmer again in the saucepan. Season with salt and pepper. Remove from fire and add the beaten egg yolks. Serve with crackers.

VEGETABLE RECIPES

AMPALAYA

6 cups *ampalayá*, sliced crosswise (slantingly)
4 tablespoons lard
1 cup shrimp meat
1 duck's egg
1 cup tomatoes, chopped
Salt and pepper to taste
½ cup boiled pork
½ cup shrimp juice
¼ cup sliced onions
1 tablespoon pounded garlic

Soak the sliced *ampalayá* in 2 cups of water and ½ cup of coarse salt for 1 hour. Then drain, but do not squeeze. Rinse several times in cold water to remove the salt and the bitter taste. Blanch with 3 cups of hot water, drain and set aside.

In a saucepan, sauté the garlic in lard till light brown. Add the onions, the tomatoes and enough salt to taste. Cover and cook for 5 minutes, stirring it once or twice to prevent scorching. Add the pork, shrimp meat, and the vegetables. Season with salt and pepper. Stir and add the shrimp juice. Stir again and cook for 5 minutes. Beat the duck's egg and add it to the vegetable mixture 1 minute before removing from the fire.

BANANA BLOSSOM

2 cups banana blossoms, cut into pieces and soaked in salt
½ cup boiled meat clams
½ cup pork, cut into strips
½ cup fresh shrimps
1 cup clam stock
2 tablespoons onions
1 tablespoon salt
1 bay leaf
2 tablespoons lard
A dash of pepper
Atsuwete for coloring
1 tablespoon pounded garlic

Sauté the garlic, onions, pork and shrimps. Add the banana blossoms and continue sautéing. Season with salt and pepper. Add the stock and boil. Add the *atsuwete* water, and bay leaf, and cook until done, stirring from time to time to avoid burning. Serve on a platter and garnish with shrimps, clams and a few pieces of the tender part of the banana blossom.

BATAW

2 cups sliced *bataw*
½ cup shrimps
4 tablespoons *bagoóng*
1 onion
½ cup tomatoes
2 segments garlic

Remove the edges from the *bataw* and wash very well. Cut into fine strips. Sauté the garlic, onion, tomatoes and shrimps. When well-done, add the *bagoóng* and stir in the shrimp juice. Lastly, add the *bataw*. Cook until done.

BEAN STEW

2 cups pork
1 cup dry beans
¼ cup salted pork
3 tablespoons lard
¼ cup onions
½ cup tomatoes
2 tablespoons crushed garlic
Salt and pepper

Boil the beans in water. Add the salted pork. When both are tender, remove from fire. Sauté the garlic in lard, then add the onions, tomatoes, cooked pork and cooked beans. Stir and cook slowly. Add salt and pepper to taste.

CURRIED VEGETABLES

1 cup pork
1 cup carrots
1 cup *sayote*
½ cup squash fruit, sliced
2 cups thick coconut milk
1 tablespoon garlic
4 tablespoons onions
1 tablespoon curry powder
2 tablespoons lard
½ cup shrimp juice
Salt and pepper to taste
Bagoóng

Sauté the garlic until light brown, then add the onions and stir. Season with salt and pepper and cover. Cook for 15 minutes. Add all the vegetables, the curry powder and *bagoóng* when the vegetables are half-cooked. Serve hot.

KADYOS

2 cups *kadyós* (dried or fresh from pods)
¼ cup *bagoóng*
2 cups okra
2 cups tomatoes
1 fish
2 cups *sitaw* or *paayap*
2 cups onions
½ cup *malunggáy*
Salt

Wash the vegetables. Clean the fish and cut into half-inch pieces. Boil the *kadyós* in 1 cup water until soft. Prepare the okra, *sitaw* or *paayap* by cutting them into 1-inch pieces. Separate *malunggáy* leaves from stem. Chop the tomatoes and onions. Broil the fish. In a saucepan, put together all the vegetables; add ½ cup water. When boiling, add the *bagoóng* and cooked *kadyós* and the fish. Serve hot.

KAMANSI

4 *kamansí*
2 cups pork, cut into cubes
½ cup shrimps
1 cup shrimp juice
2 segments garlic
1 onion
2 to 3 tomatoes
1 cup thick coconut milk
Salt and pepper to taste

Peel the *kamansí*, and cut into regular pieces. Soak in water with salt to prevent darkening. Boil the pork in 1 cup water and salt until tender. Set aside.

Sauté the garlic, onion and tomatoes. Add the softened pork. Then add the shrimps and season with salt and pepper. When done, stir in the shrimp juice and coconut milk. As soon as it boils, add the *kamansí*. Continue cooking until done.

KINTSAY (CELERY)

1 cup pork
2 cups *kintsáy*, cut into 1 inch-long pieces
2 pieces *tokwa*
2 tablespoons lard
2 tablespoons salt
2 tablespoóns crushed garlic
1 cup shelled shrimps
1 tablespoon *patís*
1 onion
1 cup shrimp juice

Boil the pork in water and salt. When tender, cut into thin slices. Cut the *tokwa* lengthwise, then the onions. Peel the shrimps and cut lengthwise. Pound the shells and the heads and add water.

Fry the *tokwa* first, then sauté the garlic in lard. Add the onions, pork, shrimps, shrimp juice and *patís*. Cover and cook till the shrimps are done. Add the *kintsáy*. Cook for a few minutes and serve. Do not overcook the *kintsáy*. Remove from the fire when it is half-cooked.

MUSTARD LEAVES WITH PORK

1 cup pork
2 cups mustard leaves, cut into pieces 1 cm. long
2 tablespoons lard
2 tablespoons *patis*

Sauté the pork in lard. Cover until meat is tender. Add the *patis* and mustard leaves. Stir and cook for 8 to 10 minutes.

Mustard can be substituted with *pechay.*

PATANI

2 cups *patani*
¼ cup onion
¼ cup tomatoes
½ cup sweet potatoes
4 tablespoons lard
3 tablespoons *atsuwete* water
1 cup pork
½ cup sweet pepper
2 tablespoons crushed garlic
½ cup pork broth
2 tablespoons garlic
½ cup sausage, cut
Salt and pepper to taste
2 eggs

Boil the pork with salt and water. When tender, set aside and keep the broth. Boil the *patani;* when cooked set aside, and remove the skin.

Cut the sweet potatoes into cubes, then fry. Set aside. Sauté the garlic. Add the onion, then the tomatoes, cooked pork and broth. Add the cooked *patani* and sweet pepper; mix the *atsuwete* water. Simmer for 5 minutes. Season with salt and pepper. Place on a platter and top with boiled eggs cut into fine slices.

PATOLA WITH SHRIMP AND PORK

4 fresh, young *patola*
1 onion, minced
1 cup pork
½ cup shelled shrimps, with back split and blue veins removed
¼ cup shrimp juice
Salt and pepper

Boil the pork in salt and water. Remove the meat when tender. Peel the *patola*, divide lengthwise into pieces 1 centimeter thick. Sauté the garlic in hot fat until golden brown. Add the onions, pork and thę shrimps. When the shrimps are done, add shrimp juice and boil for several minutes. Add the *patola*, salt and pepper. When the *patola* is almost done, dilute with water, then continue cooking and stirring lightly until *patola* is done.

SAUTEED MONGO

2 cups boiled mongo beans
3 tablespoons lard
2 tablespoons crushed garlic
4 tablespoons onions
⅓ cup tomatoes
½ cup shrimps
1 cup shrimp juice
⅓ cup pork
Pepper to season
Patis to taste

Boil the mongo. When soft, remove from pan and set aside.

Sauté the garlic until light brown; add the onions and tomatoes. Add the pork; simmer for a while then add the shrimps. Stir well, then add the shrimp juice. Cover and cook for about 10 minutes more. Add the boiled mongo. Season with *patis* and pepper. Serve hot.

SAUTEED *SAYOTE*

2 tablespoons lard
2 tablespoons garlic
¼ cup onions
¼ tablespoon salt
Pepper to taste
⅓ cup pork
⅓ cup shrimps
4 cups *sayote*, cut into cubes
1 cup shrimp juice

Boil the pork in salted water until tender. Cut into small cubes. Sauté the garlic. Add the onions, tomatoes and pork. Add water and boil until tender. Then add the shrimp and shrimp juice. Cover and cook for 5 minutes. Add the *sayote*. Season with salt and pepper. Stir, cover and cook for 10 minutes.

Sayote can be substituted with *upo* (white squash).

SAUTEED *TOGE* (MONGO SPROUTS)

- ½ cup pork
- 2 cups mongo sprouts (*toge*)
- ½ cup medium-sized shrimps
- ½ cup shrimp juice
- 1 tablespoon minced garlic
- 2 tablespoons chopped onions
- 1 teaspoon salt
- 1 tablespoon lard

Cut and boil the pork in salt and water until tender. Sauté the garlic, onions, pork, shrimps and salt. Finally add the mongo sprouts. Cover and cook for a few minutes before adding the shrimp juice. Boil it. Add salt to taste.

SIGARILLAS

- 2 cups sliced *sigarillas*
- 1 cup pork
- 1 cup shrimps
- 2 tablespoons *bagoóng*
- 2 tablespoons lard
- 2 segments garlic
- 1 onion
- 3 tomatoes
- Shrimp juice

Cut the pork into small pieces. Cook with a small amount of water until tender. Sauté the garlic in lard and add the shrimps, *bagoóng* and pork. Add the shrimp juice, stirring until it boils. Lastly, add the *sigarillas*. Continue cooking until the vegetables are cooked.

SAUTEED *SITAW* (STRING BEANS)

- ½ cup pork meat
- 1 cup shrimp meat
- 4 cups string beans (*sitaw*), cut into 1-inch long pieces
- ½ cup tomatoes
- 3 tablespoons lard
- 1 tablespoon garlic
- *Patis* and pepper to taste
- ½ onion

Boil the pork in water until tender; cut into small pieces. Set aside. Sauté the garlic and onion, then the tomatoes finely cut. Cook for a few minutes. Then add the string beans and the broth where the meat has been boiled. Add *patis* and pepper to taste.

SQUASH WITH COCONUT MILK

- ¼ regular-sized squash
- ½ cup shrimps
- 2 cups thick coconut milk
- ½ onion, sliced
- 4 cloves garlic
- 2 teaspoons salt
- 3 tablespoons lard
- Pepper to taste

Pare the squash and cut into cubes. Grate the coconut and extract 1 cup thick coconut milk. Set aside. Extract again another cup for cooking.

Sauté the garlic, onion and shrimps. Add the squash and coconut milk; cook until done. Before removing it from the fire, add the thick coconut milk and stir. Serve hot.

SAUTEED *PAAYAP*

- ½ cup pork
- 2 cloves garlic
- ¼ cup onion
- 1 tablespoon salt
- ¼ cup shrimps
- 2 cups *paayap*
- ½ cup tomatoes

Boil the pork until tender and cut into small cubes. Shell the shrimps, add the extracted juice from the pounded shells. Cut the *paayap* into 1-inch long pieces. Put the pork in a frying pan and when the lard begins to be extracted, add the garlic, onion and tomatoes. Add the shrimp juice and season with salt. When the broth boils, add the *paayap*. Cover and cook until tender.

SALAD

BAMBOO SHOOTS SALAD (*LABONG*)

2 cups bamboo shoots
1 cup sweet potato, boiled
3 tomatoes
1 onion
French dressing
Salt and pepper

Boil the bamboo shoots and the sweet potato separately. When done, press the bamboo shoots with the hands to remove the water. Cut the sweet potato into cubes. Mix with bamboo shoots and salt. Pour French dressing. Garnish with tomatoes and onion.

BUKO-MANGO SALAD

3 ripe mangoes
½ cup finely sliced native onions
1 cup mayonnaise
1 can Nestle's cream
1 bar white *gulaman*
1½ cups water
¼ cup sugar
Salt
1 cup shredded *buko* (young coconut)

Cut the meat of the mangoes into cubes or scoop with potato ball cutter. Shred the *buko*. Mix and season with salt and sugar (about 1 teaspoon salt and 1/3 cup sugar) according to taste. Beat the cream with ½ teaspoon salt and ¼ cup sugar. Cool in a refrigerator. Meanwhile, cook the *gulaman* with 1½ cups water and ¼ cup sugar.

When the *gulaman* is ready, mix the mayonnaise and the cream in the mango mixture, then pour the *gulaman*. Mix well. Pour this mixture into a mold. When set, put on a platter and garnish with red cherries and parsley.

If the cherries are not available, red *gulaman* may be prepared as a substitute. (The mango can be substituted with other fruits.)

BURONG PAHO SALAD

2 cups sliced *burong paho*
2 cups cubed tomatoes
½ cup finely sliced native onions
2 tablespoons boiled *alamáng*

Mix all the above ingredients in a bowl.

CUCUMBER-CRAB SALAD

6 ripe tomatoes
1 cup crab meat
¼ cup vinegar
2 tablespoons sugar
1 cucumber
Celery
Lettuce
Pepper and salt

Peel the tomatoes by scalding. Cut off the top and hollow out slightly. Cut into sections to form petals. Sprinkle with salt and pepper.

Mix celery and lettuce, cut fine, crab meat and French dressing. Place lightly in the center of the tomato about a tablespoon. Pare and slice cucumber thin; insert slices in tomatoes.

GREEN MANGO SALAD

1 cup green mango
¼ cup native onions
Salt
½ cup tomatoes
¼ cup cooked *alamáng*

Mix all the above ingredients in a bowl.

UBOD SALAD

2 cups *ubod*, sliced fine
6 tablespoons mayonnaise dressing

Marinate the "ubod" with French dressing. Before serving, remove from the dressing, strain, place in a salad bowl and on top put mayonnaise dressing.

FISH SALAD

2 cups cooked and flaked fish
¼ cup celery
2 hard-boiled eggs, chopped
Lettuce
Mayonnaise
Pepper and salt

Mix the cooked and flaked fish, celery, and 2 chopped hard-boiled eggs. Moisten with mayonnaise. Add salt and pepper to taste. On a platter prepare the lettuce leaves and in the middle place the mixture.

KAMOTE TOPS SALAD

Select young, fresh *kamote* tops. Blanch the leaves and press until dry. Put on a salad plate and pour French dressing. Garnish with onions and tomatoes.

KAMYAS-SHRIMP SALAD

1 cup shrimp meat
½ cup *kamyás*
½ cup tomatoes
½ cup thick coconut milk
½ cup onions
2 tablespoons *kalamansí* juice
Salt and pepper to taste

Place the shrimps in a saucepan; add the *kalamansí* juice and the thick coconut milk. Season with salt and pepper and cook until the mixture becomes oily. Remove from fire and cool.

Slice the *kamyás*, onions, and the tomatoes. Place the shrimp and coconut mixture on a platter. Garnish with the sliced *kamyás*, onions and tomatoes.

KATURAY SALAD

3 cups blanched *katuray*
1 onion
Salt to taste
3 tablespoons flaked *tinapá*
3 tablespoons French dressing

Remove the unnecessary parts of the *katuray* flower. Pour hot water and press to remove the water. Arrange on a salad plate and pour French dressing. Garnish with onion, and flaked *tinapá*.

PAKO SALAD

Pakô salad is prepared in the same way as the *kamote* tops salad.

RADISH SALAD (*LABANOS*)

5 radishes
4 tomatoes
2 teaspoons sugar
½ cup vinegar
1 teaspoon salt
1 onion

Peel the radishes. Slice into fine strips. Soak in salt for 5 minutes. Wash off the salt in running water. Squeeze until dry. Put on a salad plate and pour French dressing. Garnish with tomatoes and onions.

TOSSED GREEN SALAD

1 cup lettuce
1 cup cooked string beans, drained
1 peeled onion, sliced
1 hard-boiled egg, sliced
½ cup vinegar
3 tomatoes
2 cups diced, cooked potatoes
¼ teaspoon sugar
1 teaspoon salt
Few grains pepper

Wash the lettuce, separating the leaves. Arrange in salad bowl. Arrange alternate layers of string beans, tomatoes cut in eighths, potatoes and onion. Thoroughly toss the salad with a dressing made by beating together with fork the remaining ingredients. Garnish with hard-boiled eggs.

BIBINGKA

BIBINGKANG PINIPIG

6 cups *pinipig*
2½ cups sugar
3 cups water
3 fresh coconuts
2 large *panochas*

Grate the coconuts and squeeze out the cream. Set aside. Pour 3 cups of water over the coconuts and squeeze again. Mix the 6 cups of *pinipig* with the thin coconut milk and soak for 5 minutes. Then put it in a frying pan or a *carajay;* stir continually until dry. Remove from fire and place in molds lined with banana leaves.

In a saucepan melt the *panochas* with the coconut cream over the fire. When the *panochas* are dissolved, strain and return to fire. Stir continually until thick and creamy. This is called *latík.* Cover the *pinipig* with *latík* and bake in the oven until top is brown.

CASSAVA *BIBINGKA* WITH *MAKAPUNO*

1 cup *makapuno*
1 cup grated fresh cassava
3 eggs
4 tablespoons grated cheese
½ cup coconut milk
3 tablespoons melted butter
½ cup sugar

Beat eggs. Add sugar, melted butter and cassava. Add coconut milk to the *makapuno* and mix the two mixtures. Pour the mixture into a pan lined with banana leaves. Bake in hot oven. When half-done brush top with egg yolk and sprinkle cheese. Continue baking until brown.

Makapuno may be omitted.

BIBINGKANG PANDACAN

2 cups ground rice (*galapong*)
10 egg yolks
½ pound fresh butter
1 cup sliced boiled *ubi*
1 cup sugar
1 cup thick coconut cream
3 cups thin coconut milk
½ cup grated cheese
½ cup native cheese

Wash and soak the rice for 3 hours. Grind fine in a corn meal grinder.

Beat the yolks and add the sugar and thin coconut milk. Mix with it the ground rice and blend well. Line *bibingkahan* with wilted banana leaves and pour the mixture. Set on a charcoal stove. Cover with a tin sheet with live coal on top. After a while, stir the mixture and add the butter. Cover again for about 5 minutes. When the mixture is half-set, flatten and pour ½ cup thick coconut cream. Cover again.

Lastly, add the rest of the cream, and then arrange slices of native cheese and sliced boiled *ubi.* Continue baking until evenly brown. Cool before serving.

Thin coconut milk is the juice from shredded coconut after adding water.
Thick coconut milk is the juice of shredded coconut without water.
Pandacan is a place in Manila especializing in the making of *bibingka.*

BANANA FRITTERS, SWEET POTATO FRITTERS, BUCHI-BUCHI
SAPIN-SAPIN

BIBINGKANG PANDACAN
TAMALES

CORN *BIBINGKA*

1 cup cornflour
1 cup grated young coconut
3 eggs
1 cup sugar
1 teaspoon baking powder

Get the very fine cornflour from the pounded corn. Pass it through a *sinamáy* cloth.

Beat eggs and to these add sugar and coconut. Gradually mix the mixture of cornflour and baking powder. Stir well. Place in tins or in *bibingkahan* lined with wilted banana leaves. Set on charcoal stove and cover with a tin sheet with embers on top.

SHREDDED *BUKO* OR *MAKAPUNO BIBINGKA*

½ cup shredded *buko* or *makapuno*
½ tablespoon coconut milk (thick)
4 tablespoons chopped native cheese
3 eggs
2 tablespoons melted butter
½ cup sugar

Beat eggs, add sugar, melted butter, and shredded *buko* or *makapuno*. Pour the mixture into a pan lined with banana bars. Bake in hot oven. When half-done, brush top with egg yolk and sprinkle grated cheese. Continue baking until brown.

BIBINGKANG GALAPONG (RICE CAKE)

2 cups rice, soaked and ground in ½ cup water
1½ cups sugar
1 teaspoon baking powder for every cup of mixture
8 eggs, well-beaten
2 tablespoons butter or margarine
4 tablespoons grated cheese

Mix the ground rice and sugar. Add the butter, baking powder and the well-beaten eggs. Pour in pie or cake pans lined with wilted banana leaves. The pans should be only 2/3 full. Bake in moderate oven until slightly brown. Sprinkle with grated cheese or sugar. Bake again to finish browning. (This can be baked also in a native *bibingkahan*.)

ROYAL *BIBINGKA*

3 eggs
2 cups sugar
2 cups flour
Slices of native cheese
4 teaspoons baking powder
½ teaspoon salt
1½ cups coconut milk
Butter

Beat the eggs until thick and lemon-colored. Add the sugar gradually, then the dry ingredients alternately with the coconut milk. Beat until smooth.

Line the *bibingka* molds with banana leaf. Pour the mixture until 2/3 full and bake in hot oven for 15 to 20 minutes. When half-baked, brush the surface with butter and sprinkle generously with sugar. Return to the oven and bake until a golden crust is formed. Serve with slices of native cheese.

SPECIAL CASSAVA *BIBINGKA*

1 cup grated fresh cassava
½ cup shredded *buko*
1½ cups coconut milk
1 cup sugar
2 eggs
3 tablespoons melted butter
4 tablespoons melted cheese
White cheese (native cheese)

Beat eggs. Add sugar, melted butter, *buko*, coconut milk, and cassava. Pour into a tin mold lined with wilted banana leaves. Bake in hot oven. Brush top with egg yolk and sprinkle with cheese and sugar. Return to oven until done.

BIBINGKANG MALAGKIT

2 cups *malagkit* rice
1½ cups brown sugar
¾ cup rich coconut milk
1 teaspoon salt
¼ teaspoon powdered *anís*
3½ cups diluted milk
from 2 coconuts

Boil the diluted coconut milk in *carajay*. Add *malagkit* rice and salt. Boil until quite dry, stirring constantly to keep from burning. Lower the heat, and add 2/3 cup sugar. Line a clay oven, *bibingkahan*, with wilted banana leaves. Pour the mixture into it. Pour the thick coconut milk, the rest of the sugar on top with *anís* seeds. Fill the cover of the clay oven with live coal. Bake until brown. (This can be baked in an ordinary oven at moderate temperature and finished off by putting in the broiler to brown the top layer of coconut milk and sugar).

KUTSINTA - PUTO

KUTSINTA

(White)

3 cups uncooked rice
½ kilo white refined sugar
2 cups coconut milk
Grated coconut

Wash uncooked rice well. Soak it in coconut milk for 2 hours; then grind the mixture. If the mixture is thick, add more coconut milk. Then add the sugar.

Fill the *carajay* with enough water, place the *lansongan* over it and cover. Let the water boil. When the water is boiling, put the cheesecloth over the *lansongan*. Pour enough batter on the cheesecloth and steam until done.

Serve the *kutsinta* with grated coconut.

If *ubi kutsinta* is desired, add ½ cup of finely grated *ubi* to the mixture.

If red *kutsinta* is desired, add ½ teaspoonful of *lihiyá* to the mixture. Use brown sugar instead of white.

POTITOS DEL HOGAR

No. 1

1 cup rice
½ cup syrup
Royal Baking Powder
1 cup water to moisten the rice while grinding

No. 2

1 cup rice
2 cups water to moisten rice and pass through grinder
⅓ cup caramel syrup
⅛ tablespoon baking soda

No. 3

2 cups rice
2 cups water to moisten and grind the rice
2 cakes yeast
¾ cup syrup

The three mixtures are cooked with the steam-bath or "baño-maria". Note: The mixtures may be formed into one mold for cooking instead of using individual tiny cups.

PUTO-BUMBONG

½ liter *malagkit*
2 cups rice
⅓ cup *pirurutong*
1 teaspoon salt
Butter
Sugar
Coconut, grated

Wash the *malagkit*, rice and *pirurutong* together. Soak overnight with enough water to cover the mixture. Next day, grind into a meal, having a cheesecloth to receive the ground mixture. When done, place in a colander and put a weight over it, to hasten drying. When dry, add salt and knead; then pass through a sieve. Boil water. Fill the bamboo tubes with the mixture and steam in the native steamer. When steam comes out from the tube, it is done. Remove from tube by shaking off with the force of the palms of the hand. Serve with butter, sugar and coconut.

PUTO-LANSONG

3 cups uncooked rice
½ kilo white refined sugar
3 tablespoonfuls baking powder
½ cup cooked rice
1 coconut grated (optional)

Wash the uncooked rice well. Mix the cooked rice. Put enough water to cover it. Leave the mixture for 2 hours. Then grind the mixture twice to make a fine meal. Do not add water while grinding so that the mixture will be thick. To this mixture, add sugar and baking powder. Blend well. Fill the *carajay* with enough water, place the *lansongan* over it and cover. Let the water boil. When water is boiling put the cheesecloth over the *lansongan*. Pour enough batter mixture over the cheesecloth. Cover and steam until done.

Serve the *puto* with grated coconut.

If colored *puto* is desired, add food coloring to the mixture. Cook it in individual molds.

EMPANADAS

EMPANADA DE CANGREJO

1 kilo crabs (*alímasag*)
1 cup *upo*, cut into fine strips
30 *lumpiyâ* wrappers or *empanada* paste
1 small onion
2 segments garlic
Salt and pepper to taste

Boil crabs (*alímasag*) in a small amount of water and salt. When done, separate the meat from the shell.

Sauté the garlic, onions and *upo*. Then add the crab meat. Season with salt and pepper. Do not overcook the *upo*. Place on a platter to cool. Wrap in two layers of *lumpiyâ* wrappers in the form of *empanadas*. Fry in lard until brown. Serve while hot.

EMPANADAS ESPECIALES

3 cups flour
8 egg yolks
Cornstarch
4 tablespoons sugar
½ cup water
1 teaspoon salt

Mix together all ingredients until a smooth and elastic ball is formed. Knead the dough and spread as thin as possible over a board previously sprinkled with cornstarch flour (*gawgáw*) so that the dough will not stick. Brush the dough liberally with fresh lard and proceed to roll. When this is done, cut crosswise in pieces of about 1 centimeter thick. Each piece is spread out very carefully using a plain extended piece as a bottom. Do this in such a manner that the scales will not disappear; turn and put the filling on the plain side.

Filling:

½ cup chopped chicken
1 cup chopped pork
½ cup chopped ham
½ cup chopped onion
2 segments garlic, pounded
¾ cup raisins
½ cup pickles or capers
2 hard-boiled eggs
Salt and pepper

Stew in lard the pounded garlic, then the chopped onion; add the chopped meats and chicken and later, add the rest of the ingredients. Season with salt and pepper and let cool. Fill the extended pastry with this mixture. Fold the pastry on one side. Press the edges well, trim and form the *empanada*. Fry in deep hot fat until golden brown.

EMPANADA DE PESCADO (FISH)

Empanada Pastry:

2 egg yolks
¾ cup water
½ cup sugar
4 cups flour

Sift all the dry ingredients. Add water and stir until it forms a stiff dough. Knead on bread board. Transfer the dough on the board which is sprinkled with cornstarch to prevent it from sticking. Roll the dough as thin as possible. Prepare a long bamboo stick, about 1 centimeter in diameter and roll the rolled dough with this stick. Remove the stick and cut the dough crosswise about 1 centimeter thick. Flatten each piece and roll it thin.

Filling for Empanada de Pescado:

1 big *bangús*
1 egg
1 onion, cut into tiny cubes
2 regular-sized tomatoes
1 potato
2 tablespoons raisins
Salt and pepper to taste

Clean the *bangús*, then pick the meat and clear it of all spines. Sauté the garlic in lard until golden brown, add the onion and the tomatoes, stir the mixture until well-sautéed, then add the flaked meat of fish. Cook until the fish is done and then mix the raisins.

ENSEIMADA

ENSEIMADAS A LA MODERNA DEL HOGAR

First beating:

2 tablets Fleischmann's yeast
½ teaspoon sugar
¾ cup lukewarm diluted milk
1 cup sifted flour for the first fermentation

Second beating:

6 egg yolks, beaten
½ cup sugar
2 cups flour

Add the beaten yolks to the mixture, then the sugar and flour, beating very well for a few minutes. Allow to ferment again in a covered container.

Third beating: When double in volume, add 6 beaten egg yolks, ½ cup sugar, 2-1/3 cups flour and lastly 2/3 cup creamed butter. Place on a greased board and knead thoroughly. Cover again for another fermentation.

When the dough has risen, shape it into separate pieces. Roll each piece thinly on a greased board. Brush with butter and put pieces of cheese. With a small twister, twist in the form of shells. Grease molds and put the twisted dough. Let it stand in a place of moderate temperature without exposing them to a current of air until well-risen. Then brush with butter and egg yolk diluted with water and place in oven at moderate heat for 20 to 25 minutes. When done, brush with butter and sprinkle with powdered sugar.

ENSEIMADA DE RENACIMIENTO

Ingredients for the first fermentation:

1 tablet Fleischmann's yeast
½ teaspoon sugar
1 small potato, cooked and made with purée
⅔ cup lukewarm water or milk
1 cup flour
½ cup Bilbao sausage or
½ cup chopped, cooked ham

Second fermentation:

When the first mixture has fermented, add 6 egg yolks, ½ cup sugar and 2 cups flour. Beat very well for a few minutes and let it ferment again.

When double in volume, add another 6 yolks, ½ cup sugar, 2 cups flour and lastly ½ pound creamed butter. Knead all together very well and let it ferment again.

When the dough has risen, proceed to shape. Have ready creamed butter, grated cheese, ham or Bilbao sausage. Roll each piece thin and put the butter, cheese, ham and sausage. Roll by twisting and form the *enseimada*. Place in greased molds and let ferment again. Brush top with egg yolk or milk and bake in moderate oven. When done, brush top with butter and sprinkle powdered sugar.

GINATAN

CORN *GINATAN*

½ cup thick coconut milk
4½ cups thin coconut milk
¾ cup fresh green corn
½ cup sugar
¾ cup *malagkit*

Wash the *malagkit* well. Put in a kettle and add the thin coconut milk. Cover and bring to boil.

Add the corn and sugar and cook for 30 minutes, stirring it once in a while to prevent it from burning. Add the thick coconut milk 2 minutes before removing from the fire.

KAMOTE, GABI, LANGKA, WITH RICE BALLS, *GINATAN*

1 cup enriched rice, ground into a stiff dough consistency
2 medium-sized sweet potatoes
1 cup *langkâ* meat (jackfruit)
1 cup sugar
5 cups coconut milk from 2 coconuts
½ kilo *ubi*
10 bananas (*sabá*)
½ teaspoon *anís* seeds (optional)
2 medium-sized *gabi*

Soak the rice for 3 hours. Grind. Set aside until ready for use. Grate the coconut and extract the milk four times. Reserve the first extraction to be poured on top of the *ginatán*. Pare the *ubi, gabi,* and the *kamote* and cut them into ½-inch cubes. Peel the bananas and slice crosswise. Cut the *langkâ* into strips. Put the coconut milk in a kettle. Allow to boil. Add the *gabi, ubi,* and *kamote*. Drain the ground rice and add rice water to the first mixture. Form ground *malagkit* into small balls. Drop into the boiling mixture. Add bananas, *langkâ, anís,* and sugar. Serve hot with thick coconut milk on top.

RICE AND MONGO *GINATAN*

1 cup enriched *malagkít* rice
5 cups diluted coconut milk
1 cup sugar
¼ cup mongo
1 cup rich milk from 2 coconuts

Roast the mongo until dark brown. Break the grains with a rolling pin or a pestle. Separate the hull by winnowing. Boil the coconut milk and add the mongo. Allow to boil for 5 minutes. Add the *malagkit* which has been washed well, and stir constantly to avoid scorching. Add the sugar when the rice is cooked. Serve with thick coconut milk on top.

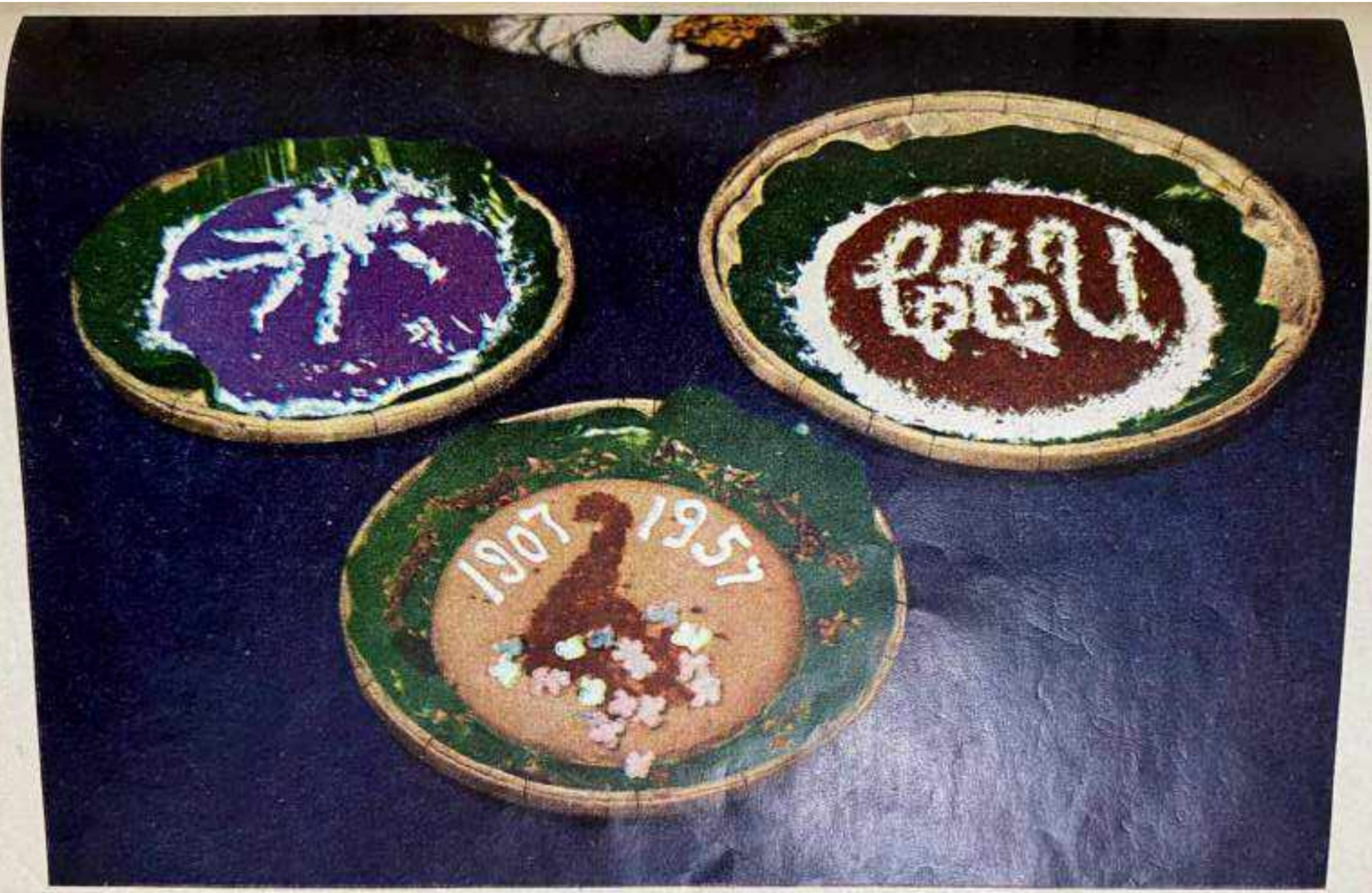
GINATAANG PINIPIG

2 cups *pinipig*
4 cups thin coconut milk
1 cup thick coconut milk
½ cup sugar
¼ cup lard

Roast the *pinipig* in lard until crisp. Set aside.

Grate the coconut and squeeze the grated meat to separate the thick milk. Add water to the squeezed coconut meat to get the thin milk.

Put the thin milk and the sugar together, add the thick coconut milk, place in cups and add the roasted *pinipig*.



KALAMAY UBI CORN KALAMAY KALAMAY PINIPIG

KALAMAY

KALAMAY BINAN

1 liter *malagkit*
½ liter rice
4 cups coconut milk
3 cups sugar

Mix the *malagkit* and the rice, then wash. Let the mixture stand for 1 or 2 hours to make it soft. Then grind it fine and put in a bowl; mix the sugar. Boil the coconut milk in a frying pan. When the oil is about to appear, mix the ground *malagkit* and rice with sugar. Stir constantly over slow fire until very very thick. The cooking must be done for about 2 hours or more. The longer the cooking, the more flavor it will have. Spread on a wilted banana leaf and flatten.

KALAMAY CASSAVA

Mix 3 cups grated cassava, 2 cups coconut milk and 2 cups sugar in a copper vat. Cook over slow fire, stirring constantly for about an hour until the *kalamay* consistency is reached. Remove from the fire and pour on a greased platter.

KALAMAY MAIS

1½ cups grated young corn
4 cups water
1½ cups sugar
2 grated coconuts
1 cup hot water

Mix the coconuts with 1 cup hot water and extract the milk. Boil this milk until it forms *latík* and set it aside.

Mix the grated corn with 2 cups water and strain the juice. Moisten again the grated coconut with 2 cups water, and extract the milk. Mix this with the grated corn and add sugar. Put the mixture in a copper vat and cook over slow fire, stirring constantly. When partly cooked, add oil and continue stirring until completely cooked. Pour on a platter greased with oil and serve with the *latík* and *budbúd*.

KALAMAY MALAGKIT

Cook 2 liters *malagkit*. Make a syrup out of ½ kilo brown sugar and 1 cup water. When thick, add the cooked *malagkit* and mix very well until the mixture is of a thick consistency. Flavor with *anís*. Then transfer to a platter. Garnish with *latík* and *budbúd*.

KALAMAY PINIPIG

In a frying pan, stir continuously 4 cups *pinipig*, 2 cups coconut milk and 1½ cups sugar until the mixture is thick and sticks to the ladle. Then transfer to a container greased with coconut oil or butter. Garnish with *latík*.

KALAMAY UBI

Wash 1 kilo *ubi*. Boil with the skin. When cooked, peel and mash until smooth. Add 1 can condensed milk, 2 egg yolks and ¼ cup sugar. Blend well. Cook over medium heat, stirring constantly until mixture starts to bubble. Reduce heat and continue cooking until thick. Then transfer to a dish slightly greased with butter. Level the surface nicely. Garnish with *latík* and *budbúd*.

OKOY

SQUASH *OKOY* (*KALABASA*) OR *PUTO CARAMBA*

5 cups shredded squash (*kalabasa*)
2½ cups *galapóng* (ground rice)
24 shrimps
Salt to taste

Soak overnight 2 cups rice in 2 cups water. Next day grind to a soft dough. Add salt to season. Grate the squash with papaya grater. Heat lard in a deep frying pan. When hot, take a handful of the squash and mix with a little *galapóng* in a small sauce plate. Drop the mixture, put the shrimps and on top cook until brown. Serve with vinegar, garlic, salt, and pepper.

SWEET POTATO *OKOY* (*KAMOTE*)

1 cup *galapóng*
3 cups shredded sweet potato
½ cup sugar
1 tablespoon *atsuwete* water
Lard for frying

Mix the *galapóng, atsuwete* water and sugar. Heat lard in frying pan. When hot, put *galapóng* in a sauce plate, then the *kamote* and pour more *galapóng* to cover. Drop in hot lard, and cook until brown. Serve hot.

The same procedure done with the squash is followed. Place shrimps on top of each *okoy*.

MONGO SPROUTS *OKOY* (*TOGE*)

1 cup *Wagwág* rice flour
1 cup shrimp juice
1 cup small shrimps with shells
1 cup sliced onion
2 cups *toge*
1 cup grated squash
Fat for frying
Salt and pepper to taste

Place the fat in a kettle over a moderate flame. Meanwhile prepare the butter by mixing the rice flour and shrimp juice in a bowl.

Add the rest of the ingredients and season with salt and pepper. Place at a time 1/3 cup of the mixture in a saucer and drop it in deep hot fat. Cook until light brown. Serve hot with vinegar and pounded garlic.

RICE *OKOY*

1 cup rice
3 cups *atsuwete* water
1 yolk of egg
2 tablespoons onion, chopped
½ cup whole shrimp, cooked
3 cups water
1 teaspoon salt
1 tablespoon peeled onion, cut fine

Soak the rice at night. The next day grind with 3 cups water. Add water with *atsuwete* to color. Strain. Add the salt and chopped onion and the beaten egg yolk. Pour in hot lard by spoonful, gather the cooked particles into a round form and place the shrimps on top.

SUMAN

CASSAVA *SUMAN* WITH COCONUT

5 cups grated cassava
2 cups grated coconut
3 cups granulated sugar
⅛ tablespoon *anis* seeds

Wilt the banana leaves over the flame. Mix all the above ingredients in a bowl. Wrap the mixture in banana leaves, using 2 tablespoons of the mixture for each *suman*. Tie the bundles in pairs. Place the wrapped mixture in a pan and add enough water to cover. Boil for 60 minutes. Serve cold.

SUMAN MARUEKOS

1 cup rice
2 cups thick coconut milk
2 cups *malagkit* rice
(glutinous variety)
⅓ cup brown sugar

Wash the rice thoroughly. Soak in 1½ cups water for at least 6 hours. Grind in a native stone grinder. For every cup of this ground mixture or *galapóng*, add 2 cups coconut milk and 1/3 cup brown sugar. Cook until thick, stirring constantly. Cool.

Wrap 2 tablespoons of this mixture in a piece of banana leaf 4 inches long which has been passed over an open flame. Put 1 teaspoon *latík* on each before folding the mixture in the banana leaf. Tie them in pairs. Steam for 30 minutes. Allow to cool and serve.

Preparing the latík: Extract the coconut milk from 1 grated coconut without using water. Boil in a saucepan until oil is produced and cheese-like precipitate is formed. Stir well until this precipitate, called *latík*, becomes delicate brown. Separate the oil from the *latík*.

SUMAN SA LIHIYA

½ liter *malagkit* rice
2 tablespoons *lihiyá*
1 tablespoon salt

Wash the *malagkit* several times. Soak in water until grains are swollen, then drain in a large basket. Add salt and *lihiyá* and mix thoroughly.

Prepare banana leaves for wrappers. Wrap 3 tablespoons in banana leaves and tie in pairs. Tie each pair with a string securely. Boil for 2 hours with water in a covered kettle. Serve with coconut and sugar.

SUMAN SA IBUS

½ liter *malagkit*
2 teaspoons salt
2 cups coconut milk

Wash the *malagkit* several times. Drain off the water. Let it stay in a bowl until the grains swell. Then add the salt and coconut milk. Stir until well-blended with the coconut milk. Fill *buri* tube containers 2/3 full. Close opening by pinning together with a piece of bamboo pick about 1/3 the size of a toothpick. Tie each *suman* with strips of buri. Arrange in a kettle and cover with water. Boil for 2 hours or until each is cooked completely. Serve with sugar.

TAMALES AND BOBOTO

TAMALES

- 2 cups roasted rice, soaked in 1½ cups water and ground
- ½ cup brown sugar
- 1 cup diluted coconut milk from 2 coconuts
- 2 eggs, hard-boiled
- 2 slices boiled ham, breast of boiled chicken
- 2 tablespoons *atsuwete* seeds, soaked in ½ cup water
- 2 tablespoons pepper
- 2 tablespoons salt
- 1 cup finely chopped roasted peanuts
- 1 cup thick coconut milk
- ¼ kilo pork, boiled

Roast the rice and grind it very fine.

Mix the ground rice, diluted coconut milk, sugar, salt, and pepper. Cook until smooth and thick, stirring constantly. Add the rich coconut milk and *atsuwete* water and stir well until smooth. Add the chopped peanuts before removing from the fire. Prepare wilted banana leaves by cutting into pieces about 10 inches wide. Put 2 pieces of banana leaves together. Place 2 heaping spoonfuls of the mixture in the center of the leaf or on top of the mixture, spread a layer of batter made as follows:

Mix together 2 cups of thick coconut milk, ¼ cup cornstarch flour and 3 tablespoons sugar. Cook the mixture in a double boiler until thick.

Place small slices of pork, chicken or ham with a slice of egg on top, then wrap in the form of a square. Wrap again with a narrow piece of banana leaf and tie around the four sides. Boil water in a cooking vessel for half an hour. Transfer to a tray or basket and allow to cool before serving. Unwrap the *tamales* and serve.

BOBOTO

- 1½ cups *malagkit* rice
- 1½ cups ordinary rice
- 10 cups broth or thick coconut milk
- 4 tablespoons lard
- 2 tablespoons garlic
- 3 tablespoons salt
- 2 tablespoons pepper
- ½ cup onions

Roast the rice until light brown. Grind. Set aside.

Sauté the garlic until light brown. Add the onions. Stir. Then add the broth until it boils. Add the salt and pepper and the roasted, ground rice. Stir over a low flame to prevent scorching. Stir continuously and cook until a smooth paste is formed. Remove from the fire. Wrap in wilted banana leaves by 2 tablespoonfuls. Then tie.

Place in a saucepan. Cover with water and boil for 20 minutes. Serve hot or cold.

PHILIPPINE CANDIES

BUKAYONG NIYOG (COCONUT)

6 cups grated coconut, chopped fine
3 cups sugar
12 tablespoons glucose
½ teaspoon *anis* seeds

Mix coconut, sugar, and glucose. Cook in a copper vat, stirring constantly to avoid burning. When the mixture no longer sticks to the finger when touched, place on a greased board. Roll into a sheet 12 centimeters long, 4 centimeters wide and 1½ centimeters thick.

Wrap each bar in a piece of wax paper and keep in well-covered boxes.

PASTELITOS DE BUKO

Pastry:

2 cups flour
4 tablespoons cold water
1 teaspoon salt
¼ cup shortening
½ teaspoon baking powder

Sift dry ingredients, cut in shortening and add the water little by little. Roll thin on floured board, then cut into small squares.

Filling:

1 cup shredded *buko*
1 tablespoon flour
1 tablespoon butter
⅔ cup sugar
½ cup milk
1 egg yolk

Mix young coconut, sugar and milk, and cook until very sticky. Stir while cooking. Then add the egg yolk, butter and flour. Mix thoroughly. Cook for 5 minutes more, then remove from fire. Place a small amount between 2 squares of dough. Brush the top with egg yolk and bake in hot oven until brown.

COCONUT BRITTLE

1 cup coconut, chopped and toasted
1 cup sugar

Caramelize the sugar in a copper vat over a moderate fire. Stir constantly. Add coconut and mix. Pour on a greased board and roll to a thin sheet. Cut into desired pieces. Wrap in wax paper.

COCONUT SURPRISE

1 cup sugar
1½ cups grated coconut
1 teaspoon vanilla
½ cup water
2 egg whites

Mix the coconut, sugar, vanilla and water and cook until thick. Fold i well-beaten egg whites. Shape into balls or pack in paper cups and bake to brow the top.

MAZAPAN DE BUKO (YOUNG COCONUT)

2 cups finely chopped *buko*
3 cups sugar
1 large can evaporated milk
½ teaspoon vanilla
2 tablespoons butter
4 eggs
1 tablespoon cornstarch

Mix *buko*, sugar and milk. Cook in a pan over a moderate fire. When thick, remove from fire to cool. Beat egg yolks, cornstarch, and vanilla together. Add to the *buko* mixture and cook again until thick. Add butter just before removing from fire. Mix well.

Place in paper cups and brush top with egg whites beaten with a small amount of evaporated milk. Bake in moderate oven.

PASTILLAS DE GABI

2 cups boiled *gabi*
½ can condensed milk
1 cup confectioner's sugar
½ cup powdered sugar

Wash the *gabi* and boil. When done, peel while hot. Cook in moderate heat until very thick. Add the confectioner's sugar and continue cooking until nearly dry. Pour on a buttered board and roll with a rolling pin. Cut into small pieces and roll in sugar.

PILI NUT CANDY

5 egg yolks
1 egg white
1 cup fresh milk
2 tablespoons butter
Sugar to taste
Pili nuts

Blanch *pili* nuts. Remove the skin and chop. Mix all the ingredients, except the egg yolks, and cook over low heat until dry. Remove from fire, cool and add beaten yolks. Blend well. Pack in small paper cups, garnish top with slices of maraschino cherries and bake in low oven until brown.

PILI DELIGHT

4 cups *pili* nuts
4 cups sugar

Blanch the *pili* nuts. Remove the skin and cut into halves. Roast the nuts in frying pan or *carajay*. When brown, remove. Melt sugar in a copper vat until it is caramelized. Add the roasted *pili* nuts. Stir in an up and down movement until the mixture is crystalline and able to hold the nuts. When ready, place in preserving bottles and seal tightly.

KUNDOL CANDY

1 medium-sized *kundól*
Lime
1 kilo sugar

Peel the fruit and remove the seeds. Cut into small pieces and soak overnight in lime solution. Next day, wash in plenty of water. Pour boiling water and drain. Place *kundól* in a copper kettle and add the sugar. Boil until syrup becomes thick. Soak overnight in the same syrup. Boil again over a slow fire, stirring constantly. Continue cooking until sugar coats the *kundól* and dries. When done, transfer to a clean, dry bowl and shake the bowl until sugar becomes dry and is of powder consistency.

PASTILLAS DE MANGA

4 cups mango pulp
8 cups sugar
Wax paper
Powdered sugar

Scrape the mango with stainless knife. When done, mix with sugar and cook over moderate heat. Stir constantly to prevent scorching. Cook until quite dry when tested between the fingers or in water. Beat for a while, and pour at once on a buttered board. Spread thinly and cut into desired pieces. Roll in sugar and wrap.

PASTILLAS DE LECHE

1 bottle fresh milk
1 cup sugar

Place the fresh milk in a clean porcelain pan. Cook in slow fire. Continue stirring until it becomes dry. When dry, add the sugar, stirring constantly until the mixture becomes very thick. (It will take 5 to 6 hours to cook this genuine *pastillas*). Spread on a clean board and roll with a rolling pin. Cut into *pastillas* form and roll in sugar. Wrap in fancy paper wrappers.

PASTILLAS DE LECHE (VARIATION)

1 can condensed milk
Powdered sugar
2 egg yolks

Cook the condensed milk in the copper pan over a slow fire. Stir while cooking to prevent burning. When it is thick enough to stir, add the egg yolks and continue cooking until done. Put on a clean, buttered platter and form the *pastillas*. Roll in sugar. Wrap in paper.

PASTILLAS DE LECHE (KLIM)

1 can powdered milk
½ kilo sugar
10 tablespoons boiling water
Lemon rind

Mix the powdered milk and sugar in a clean mixing bowl. Make a well in the center of the mixture. Mix the rind with the boiling water and pour slowly while mixing constantly until well-blended. Knead lightly on a buttered board and roll thinly with a rolling pin. Cut into pieces and roll in powdered sugar. Wrap in paper.

MAZAPAN DE PILI

2½ cups *pili* nuts, ground
through meat grinder
1 cup white sugar
10 egg yolks
½ cup butter

Remove the oil from the ground *pili* nuts. Mix the yolks, sugar and butter with the nuts. Cook over low heat until the mixture thickens. Drop by spoonfuls on greased baking sheets. Brush top of each with egg yolk and bake in moderate oven. For special occasions the *mazapan* is baked in small loaf pans one inch thick, wrapped in wax paper, and packed as the occasion demands.

PAPAYA CANDIED FLOWER

1 fresh, crisp, green papaya
1 kilo sugar
1 tablespoon glucose
Gum candies of assorted colors

Wash the papaya. Divide into two lengthwise and remove the seeds. Peel the papaya using the vegetable peeler. Slice thin. Soak for 20 minutes in lime water. Then remove from the water and continue washing until all the lime is washed off. Put in a colander and pour boiling water.

Form flowers out of it and fasten with toothpick. When all done, prepare a very thick syrup. Color, if desired, and put the prepared flowers. Soak overnight in the same syrup. Next day, continue cooking until sugar becomes dry. While hot, remove the toothpick and arrange the petals formed. Put gum candies to form the confectioners' candies.

PASTILLAS-CONDENSED MILK WITH POTATO

1 cup condensed milk
1 cup sugar
1 cup mashed potato

Mix the above ingredients. Cook in a double boiler. When nearly dry, put on a buttered board and roll ½ inch thick. Cut into desired shapes. Roll in sugar. Wrap in papers.

PASTILLAS DE MANI (PEANUTS)

1 cup ground peanuts
¾ cup milk
⅔ cup sugar

Mix all the ingredients together and cook over low heat, stirring constantly to avoid burning. Cook until thick. Sprinkle sugar on a bread board and spread the mixture with a rolling pin. Cut into desired pieces.

PASTILLAS DE PILI

1 can condensed milk
1 cup chopped *pili* nuts
1 tablespoon almond extract
1 teaspoon lime

Chop *pili* nuts after blanching and peeling. Mix with condensed milk and glucose and cook to paste consistency. Add flavoring. Roll into a thin sheet and cut into desired pieces. Wrap in wax paper.

PASTILLAS DE NANKA (JACKFRUIT)

2 cups sugar
1 cup chopped *nanka*

Mix sugar and *nanka* and boil in a copper kettle until it forms balls when tried in cool water. Beat slightly before pouring on a buttered board. Spread thinly and cool. Cut into small pieces and wrap in paper.

PEANUT BRITTLE

1 cup chopped, roasted peanuts
¾ cup sugar

Over low heat, melt sugar in a copper vat or any shallow container. When melted pour the peanuts and stir until well-mixed. Pour on a greased board and spread thinly. With a rolling pin, roll to a thin sheet and cut to desired forms. Wrap in wax paper or any candy wrapper.

PILI NUT BRITTLE

1 cup chopped roasted *pili* nuts
¾ cup sugar

Over low heat, melt sugar in a copper vat or any shallow container. When melted pour the *pili* nuts and stir until well-mixed. Pour on a greased board and spread thin. With a rolling pin, roll to a thin sheet. Cut to desired forms. Wrap in wax paper or any candy wrapper.

PILI NUT CONSERVE

2 cakes *panutsá*
4 cups *pili* nuts
4 cups water
Seeds of *anís*

Blanch the *pili* nuts. Remove outer cover and cut into halves. Melt the *panutsá* in water and boil until a thick syrup is formed. Add the *pili* nuts and *anís* seeds and cook again. Stir constantly until cooked. To test, drop syrup into the water. When it forms into balls, the *pili* nut conserve is done. Drop the mixture by spoonful into a dry, clean banana pulp or winnowing basket. Remove one by one when the pieces are already dry. Keep in preserving jars or biscuit can lined with wax paper. (Instead of *panutsá*, granulated sugar may be used.)

ROASTED *PILI* NUTS

2 cups *pili* nuts, blanched
2 cups sugar
½ cup water

Roast the *pili* nuts. Meanwhile, make a syrup from sugar and water. Stir constantly until the syrup is thick. Pour the syrup into the *pili* nuts being roasted and stir constantly until the mixture becomes dry and the *pili* nuts are coated with sugar. Let this cool and keep in sterilized jars or preserving bottles.

SA MANI (PEANUTS)

6 chupas brown sugar
3 cups water
3 chupas peanuts
1 egg

Boil the sugar. When the sugar is already clear, strain it through a clean fine cloth. Boil the strained mixture in a copper vat until thick. Sprinkle beaten egg yolk while cooking. When the syrup becomes white, pour it in a hot mixing bowl. Toast the peanuts and remove the skin. Coat the nuts one by one with the thick hot syrup and form into clusters.

SUSPIROS DE PILI

500 pieces *pili* nuts, shelled
1½ cups bread crumbs
1 cup chopped pineapple
1 cup seedless raisins
5 cups sugar
4 cups milk
12 egg yolks
3 whole eggs
Pinch of salt
Lemon extract
Lemoncito fruits, if desired

Blanch the *pili* nuts. Remove the skins and chop the clean nuts coarsely. Grind the crisp bread crumbs fine. Mix the chopped *pili* nuts and bread crumbs in a bowl and then add the seedless raisins, chopped pineapple, sugar and salt. Add the milk little by little after which add the 12 egg yolks. Mix thoroughly and then transfer the mixture into a big saucepan. Cook over a moderate fire, stirring constantly until the mixture becomes thick in consistency. Then add the flavoring. *Lemoncito*, if desired and if available, may be added to the candy to make it attractive. Remove from the fire and pour the mixture into small paper cups. Top each with one whole nut.

Beat 3 egg whites until stiff and add the yolks and beat again. Brush the top of the mixture in cups with these beaten eggs and bake in an oven for 30 minutes.

TAJADA DE PILI

2 cups ground *pili* nuts
1 cup mashed, cooked sweet potato
3 cups sugar
1½ cups water
Vanilla extract (lemon rind may be used also)

Melt the sugar in water in a frying pan or copper vat. Add the ground *pili* nuts, the mashed, cooked sweet potato, and the flavoring. Stir constantly until the mixture becomes thick or hard enough. When done, roll the mixture on a board and while still hot, cut them into desired sizes. Wrap each in a thin paper or oil paper.

TURRON DE MANI

1 cup peanuts
2 cups sugar
1 teaspoon vanilla
Pinch of salt

Toast peanuts and then grind. Put sugar in a saucepan or copper vat and cook into thick syrup. Add the ground peanuts, vanilla and salt and continue cooking until a little amount hardens when dropped in a saucer of water. Remove from fire and flatten into a thin sheet on a slightly greased board. Cut while still hot into desired shapes. Wrap in wax paper.

TURRON DE KASUY

For Wafer Wrapper

½ cup flour
2 cups water

Mix liquid and flour to make a smooth batter. Use a greased hot wafer iron (*barquillera*) to form round wafers of 3 to 4 inches in diameter. Wrap over filling while still warm and soft.

Kasuy filling: 1 cup honey, 2 cups sugar, 2 cups *kasúy* nuts, cut finely, and 5 egg whites.

Cook the honey and sugar until the syrup spins a thread. Pour this on the well-beaten egg whites. Add the *kasúy* nuts. Pour the whole mixture on a well-greased wooden board. Roll with rolling pin to a sheet one centimeter thick. Cut into sticks 3 inches long and 1 centimeter wide.

TURRON DE PILI

1 cup *pili* nuts, shelled
2 cups sugar
1 cup water
1 teaspoon vanilla
Pinch of salt

Toast the peeled *pili* nuts until light brown. Grind. Put the sugar and water in a saucepan or copper vat and cook into a thick syrup. Add the ground *pili* nuts, vanilla and salt and continue cooking until a little amount hardens when dropped in a saucer of water. Remove from fire and flatten into a thin sheet on a slightly greased cookie pan. Cut while still hot into desired shapes. Wrap in wax paper.

DESSERTS

GLAZED SWEET POTATOES (*KAMOTE*)

6 boiled sweet potatoes (*kamote*)
1 cup brown sugar
¼ cup water
2 tablespoons butter

Boil the sugar and water for 5 minutes. Pare the sweet potatoes, slice, and arrange in a buttered baking dish. Pour one-third of the syrup and take until brown, basting with the remaining syrup. If there is no oven available, *kamote* may be boiled in thick syrup with butter.

CUSTARD WITH COCONUT

1 coconut, grated
12 egg yolks
8 egg whites
3 cups sugar
1 cup water

Make syrup out of 3 cups sugar and 1 cup water. When medium thick, add to the grated coconut. Cool. Beat the yolks and add to the coconut mixture. Beat whites until stiff and fold in the mixture. Caramelize 1 cup sugar and 1/3 cup water. Use this to line a deep baking pan. Pour into this the mixture and steam until set. Transfer to a platter.

SQUASH (*KALABASA*) *DESSERT*

1 medium-sized squash
½ cake *panutsá*
1½ cups coconut milk
2 tablespoons chopped *pili* nuts

Boil the squash. Mash it after peeling. Set aside. Melt the *panutsá* in the coconut milk. When melted, add the mashed squash and continue cooking until thick or it forms a paste. When done, place this on a platter and sprinkle the chopped roasted *pili* nuts.

PLANTANILLOS

Prepare a syrup of 25 to 30 degrees density by boiling 2 liters sugar with 1 liter water.

In the meantime, beat 12 egg yolks without sugar until they are very light and creamy.

With a teaspoon, place small portions of the beaten yolks on top of the syrup, return to fire and when it starts to boil, remove the portions and drain. Form these portions into small cones filled with any of the following sweets:

Marmalade, mango or guava jam, *pastillas de leche* or coconut jelly known as *matamis sa bao.*

SANTAN

(Coconut Milk Sweet)

1 coconut
1 cake *panutsá*
Pili nuts
Seeds of *anis*

Grate the coconut. Extract 4 cups of coconut milk. Melt the *panutsá* into the coconut milk over a medium fire. Stir this constantly until it reaches the boiling point. Add the sliced *pili* nuts which have been blanched. Add the *anis* seeds. Continue cooking until the mixture becomes a thick honey. This can be served as dessert.

SWEET POTATO DESSERT

1 kilo of sweet potatoes (*kamote*)
1 can condensed milk
3 tablespoons margarine or butter
½ cup brown sugar
2 eggs
Vanilla or lemon flavoring

Boil the sweet potatoes and mash them when done. Set aside. Beat the eggs and add the condensed milk. Melt the butter in a frying pan and add the sugar. Stir constantly then add the egg mixture. Continue stirring until it reaches the boiling point. Add the mashed potatoes and stir very well until this forms paste. Place this on a platter and sprinkle with chopped roasted peanuts or *pili* nuts.

TOCINO DEL CIELO

This sweet is made by boiling ½ cup sugar with the equivalent amount of water. When the syrup can be drawn out to a fine thread consistency, cool slightly and add the 6 egg yolks, previously well-beaten. The mixture is then poured either into small, buttered molds or into a large mold. Place the molds in a saucepan of boiling water and simmer till set. When done, let cool. A chocolate sauce, made as follows, is poured over them.

Chocolate sauce: Dissolve 2 sticks of chocolate in 6 tablespoons water, stir, and when the chocolate is dissolved, remove from the fire. When cool, pour over the "little pigs of heaven."

YEMAS DE COCO

Make a syrup with ¼ kilo sugar and 1 cup water. When syrup is thick, add ¼ kilo scraped coconut pounded in a mortar until reduced to a fine paste. Stir over the fire until the right consistency is obtained and then proceed to form little balls while the mixture is still hot. When cooked, cover with thick syrup. Let cool and serve.

YOUNG COCONUT SWEET

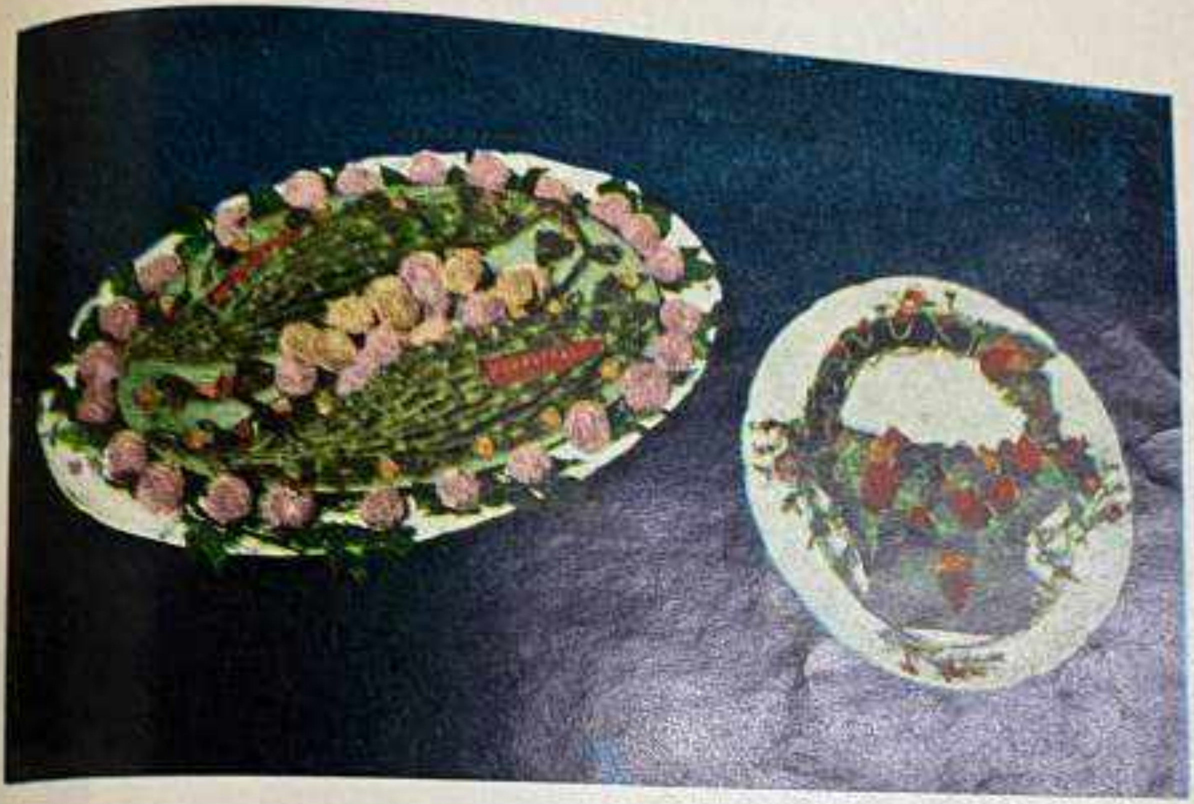
2 young coconuts
½ cup water
Sugar

Cut two young coconuts. Scrape the coconut with the scraper. Measure the scraped coconut and sugar. Use one to one measurement which means 1 cup coconut to 1 cup sugar. To one cup sugar, put ½ cup water only. Boil the syrup until a little bit thick, and then put the coconut. Cook until done.

UBI PASTE

2 kilos *ubi*
1 kilo sugar
2 cups fresh milk

Boil the *ubi* and mash it to a fine paste. In a copper vat, mix the mashed *ubi*, the sugar and the fresh milk. Cook it over a slow fire, stirring constantly to prevent burning until it gets thick. Remove from fire and shape as desired.



UBI DESSERT, BASKET-FORMED
UBI DESSERT IN AMPALAYA FORM FRINGED WITH COCONUT BALLS

LECHE FLAN

PHILIPPINE DELICACIES

BICHO-BICHO (*BITSU-BITSO*)

½ ganta *malagkit*
1 kilo sugar
2 tablespoons salt
1 cup grated coconut
Lard for frying

Wash the *malagkit* several times. Soak in water overnight. Next day, remove the water and grind dry. When done, mix the salt and shredded coconut thoroughly. Divide the dough into small balls, roll, and form a twist out of it.

Heat lard for deep frying in a frying pan. When hot, drop the prepared mixture. Turn once in a while with a skimmer. When it turns brown and floats, it is done. Roll in sugar.

BIKO OR *SINUKMANI*

1½ cups *malagkit*
2 cups sugar
1½ cups thick coconut milk
2 cups thin coconut milk
⅛ tablespoon *anís*

Wash the *malagkit* in several rinses of cold water and drain. Place the coconut milk (thick and thin) and *anís* in a saucepan. Add the *malagkit* and cook just like the ordinary rice for the table. When the liquid has almost evaporated, add the sugar and stir continuously until thick. When done, place on banana leaves.

BUNUELOS DE VIENTO

1 cup cold water
½ teaspoon salt
1½ cups flour
4 tablespoons baking powder

Mix and sift the dry ingredients; add water and mix well so that no lumps will form. Prepare a saucepan of deep lard. Dip the doughnut-shaped mold or spoon into the lard to grease it thoroughly and pour into this mold sufficient batter to fill 2/3 full. Dip the mixture into the hot lard until it rises into shape and separates from the mold. Then fry till golden brown. Strain. Roll in sugar. If the instruction is carefully followed, the *bunuelos* will be crisp on the outside and very light inside.

CASSAVA PUDDING

1 cup fresh grated cassava
¾ cup coconut milk
1 cup sugar
⅓ cup raisins
¼ cup water
2 well-beaten eggs

Mix all the ingredients and pour in a greased mold and bake or steam.

GOLGORIAS A LA MODERNA DEL HOGAR

2 cups flour
1 teaspoon baking powder
5 tablespoons butter
1 tablespoon sugar
1 egg yolk
1 tablespoon water

Sift the flour. Mix all the ingredients together until a fine dough is formed. Cut into small pieces to form like an almond. Roll on a board with small canals. Fry in hot lard or any oil.

ESPASOL

4 cups *malagkit* or *pinipig*
1½ cups sugar
3 cups coconut milk
⅛ teaspoon salt
Rind of 1 *dayap*

Roast the *malagkit* or *pinipig*, then grind fine. Set aside 1 cup for dusting. Mix the coconut milk, the sugar and the salt and boil in a *carajay*. Add the ground *malagkit* or *pinipig*. Cook until thick, stirring the mixture well. When done, remove from fire and transfer to a board well dusted with the ground *malagkit* or *pinipig*. Flatten into a thin sheet by using the rolling pin and cut into diamonds or rectangles. Roll in the rest of the flour.

MAJA BLANCA (*MAHA BLANGKA*)

3 cups young corn, grated or scraped from cobs
4 cups coconut milk
2 cups rice *galapóng*
3 cups sugar

Mix the coconut milk, rice *galapóng*, and corn. Strain through coarse muslin cloth. Add sugar. Cook all the ingredients together, stirring constantly until thick. Pour into greased molds, allow to cool and slice. Serve with *latik* and caramelized coconut meal (*budbud*).

How to make *budbud*, coconut meal: After extracting the coconut milk from the grated coconut, set aside the pulp called coconut meal. Roast 1 cup of this coconut meal in a saucepan with ¼ cup of sugar until golden brown.

PALITAW (*DILA-DILA*)

3 cups *malagkit* flour
2 cups grated coconut
1 cup sugar
1 cup water

Mix the *malagkit* flour and water in a bowl. When thoroughly blended, form into balls using about a tablespoon of the mixture. Shape the balls into flat oblong shapes and drop into the boiling water. When they float, they are done. Remove from the boiling water and drain.

Mix the sugar and the coconut and spread on the *palitaw*. Arrange on a platter and serve with tea or coffee.

POLVORON (*PULBURON*)

½ box cornstarch
1 cup powdered milk
¾ cup sugar
½ pound butter

Brown the starch in a dry pan over low heat. Stir constantly over a moderate fire. Cool. Add sugar, powdered milk and melted butter. Mix well and shape in chocolate molds. Wrap in colored paper.

SAPIN-SAPIN WITH *UBI* FILLING

2 cups enriched rice flour in 1½ cups water
3 cups white sugar
5 cups coconut milk from 2 coconuts
½ kilo *ubi*, pared, boiled, mashed, and strained
¼ teaspoon powdered *anis*

For the top layer mix 1½ cups of thick coconut milk (first extraction), ½ cup rice flour, and 2/3 cup sugar. To the rest of the rice, add the remaining coconut milk and sugar, and stir well. Divide this mixture into two parts. Mix one part with the *ubi* to be used for the middle layer. Add red food coloring to make it light pink. Boil water in a *carajay* and place the bamboo steamer on top. Place a piece of thick muslin to line the bamboo steamer and pour on it ¾ cup of pink mixture for the bottom layer. Cover the *carajay* and steam until firm. Then pour 1 cup of the *ubi* mixture for the top layer and steam again. When firm, remove from steamer. Allow it to cool. Slice into ½ inch wide. Arrange on a platter. Serve hot or cold with hot tea and lemon.

STRAWBERRY DESSERT

- 2 cups strawberries
- ½ cup sugar
- ¼ cup water
- 1 teaspoon lemon juice
- 3 slices bread, buttered
- Pinch of nutmeg

Rinse the strawberries; add water, lemon juice, sugar and nutmeg. Heat to a boil and remove from flame. Empty into shallow baking pan. Place bread halves in rows over berries. Bake until brown.

STRAWBERRY FRITTERS

- 1 cup flour
- ½ teaspoon salt
- ½ teaspoon lemon juice
- 2½ tablespoons sugar
- 2 eggs
- 1 cup strawberries
- 1 tablespoon baking powder
- 1 tablespoon water

Mix and sift flour, sugar, baking powder and salt. Separate eggs. Beat yolks with water and stir into flour mixture until smooth. Beat egg whites until stiff and fold into batter. Add strawberries. Have deep fat heated. Drop in heavy spoonfuls of butter and fry 4 minutes or until brown. Drain on absorbent paper. Serve with sauce.

SWEET *UBI*

- 1 kilo *ubi*
- 1½ cups sugar
- 3 cups evaporated milk
- ½ cup fresh butter

Boil *ubi* until tender. Peel and grind fine. Then strain through a fine strainer. Mix *ubi*, sugar, and milk. Cook slowly in moderate fire, stirring constantly to prevent it from burning. When almost dry, add the butter and continue cooking until done. Grease platter with butter and pour the mixture. Flatten evenly with butter and garnish with boiled icing.

CHAMPOY

TAMARIND *CHAMPOY*

- ½ teaspoon salt
- 2½ cups water
- 3½ cups brown sugar
- 5 cups tamarind
- 2 cups boiled sweet potato (*kamote*)

Make a brine solution of salt and water. Add the tamarind and mash with a potato masher. Strain through a coarse *sinamay*. Add to the mashed tamarind the mashed *kamote* and sugar. Cook in a copper kettle, stirring constantly until mixture can be formed into soft balls. Roll in granulated sugar and keep in covered containers.

KALMAY CHAMPOY

Kalmay is a sour fruit with a small seed. This fruit can be found in Pangasinan province.

Wash the *kalmay* thoroughly. Boil in a little *panutsá* and a small amount of water. As soon as the *panutsá* melts, strain it. Set again on fire with the *kalmay*. Remove a little of the juice and add more melted *panutsá*. When it gets dry, remove from fire and cool. Form balls and roll in powdered sugar.

PRESERVES

VEGETABLES

DAMPALIT RELISH

3 cups *dampalit*
2 cups vinegar
2 cups sugar
3 tablespoons salt
½ cup small native onions
¼ cup ginger
¼ cup garlic

Boil the vinegar, sugar and salt until a thin syrup is formed. Blanch the *dampalit*. Place in a colander to drain. Wash and squeeze the onions, garlic and ginger then mix with the *dampalit* and pour on them the thin syrup.

UBOD PICKLES

3 cups *ubod*, cut into small strips 1-inch long
3 tablespoons salt
1 cup vinegar
1 cup sugar
½ cup red and green pepper
½ cup native onion
1 tablespoon salt

Cut the *ubod* into strips 1-inch long, place in salt water to avoid discoloration. Boil water, put separately the *ubod*, pepper and onion in it and let boil for several minutes. Squeeze the vegetables to remove the water or juice. Place in a colander.

Boil the sugar, salt and vinegar together; when a little thick, remove from fire. When cool, put all the ingredients in a bowl and pour the solution of vinegar, sugar and salt.

MEAT - FISH - SHRIMPS

ACHIKE

3 cups fish eggs
½ cup salt
2 tablespoons *angkák*, pounded
½ cup vinegar

Wash and clean well the eggs of the fish. Remove all membranes. Drain. When all the water is removed, mix the eggs with salt. Keep in a clean earthen container. Cover with banana leaves and cloth and keep for a week; add the pounded *angkák* and vinegar and keep in bottles. Stuff the bottles very well.

BALAW-BALAW

2 cups small shrimps
3 tablespoons salt
1 cup soft-boiled rice
3 tablespoons *angkák*
3 tablespoons vinegar
3 tablespoons chopped ginger

Clean the shrimps and place them in a colander to remove the water. When dry, mix the shrimps and salt. Place in an earthen container, cover very well and keep for 1 day. The next day, add soft-boiled rice, *angkák* diluted in vinegar and the ginger, chopped very fine. Store again in the container. After 4 days, the mixture is ready for use. It must be sautéed before serving.

BAGOONG ALAMANG

Recipe No. 1

5 cups fresh *alamáng*
1 cup coarse salt

Alamáng are the very small shrimps. Use 5 cups fresh *alamáng* to one cup of coarse salt. Stir well and place in a clean jar. Cover and cure for 5 days. After 5 days, sauté in lard, garlic and pork.

Recipe No. 2

1 kilo *alamáng*
1 cup vinegar
½ cup salt
Garlic
Lard

Put the fresh *alamáng* in a bowl and clean without washing. Add the salt and mix well. Squeeze lightly and transfer to a bottle and cover tightly. After three days, open the bottle, transfer the salted *alamáng* in a bowl, pour vinegar on it, and sauté.

BAGOONG DILIS

1 cup of coarse salt
4 cups *dilis*

Stir and place in a jar. Cover and cure for 2 weeks or more.

BURONG ISDA

1 medium-sized fish
1 cup boiled rice
1 tablespoon salt
2 tablespoons *angkák*
2 tablespoons vinegar

Clean the fish and open at the back. Salt. Set aside for 1 day. Add the boiled rice and *angkák* diluted in vinegar and marinate the fish with it. It may be used after 4 days. (*Bangús* or *dalág* can be made *buro*.)

BAGOONG ALAMANG FOR *PATIS*

6 cups *alamáng*
3 cups salt

Clean the *alamáng*, then add the salt. Keep in an earthen container and cover very well. Keep for two months.

Note: Fish *bagoóng* can also be made into *patís*.

PATIS

Squeeze the *bagoóng*. Collect the liquid in a container. Pound the remaining *bagoóng* and when very fine, add double quantity of water. Squeeze and strain. Mix with the juice collected first. Boil; add some lemon leaves and continue boiling for 1 hour. Cool and strain. The juice that comes from this is first class *patís*. Collect in bottles, cover and expose in sunshine.

Pound the left-over *bagoóng* after the first class *patís* has been taken, add double quantity of water and ¼ teaspoon salt and boil 1 hour. Strain to get the second class *patís*. Collect the juice in bottles and expose in sunshine. The paste left in the cloth is *heko*. This can be boiled with lemon leaves and served as sauce.

TINAPA (SMOKED FISH)

1 kilo fish
½ cup salt

Clean the fish. Place in a container with salt and water for one hour. Remove from the container and line the fish on a basket called *bistay*. The basket with the fish is placed in a big container with boiling water to cook the fish. After this, the fish is lined on the basket called *bistay* to be smoked until golden brown.

Fish that can be made *tinapá* are: *bangús, tambán, tunsóy,* and *hasa-hasa, lapád.*

If *bangús* or other big fish is to be made *tinapá,* open the belly to remove the intestines. Salt, steam, and smoke.

DAING

The fish is cut at the back lengthwise. Remove the intestines; salt and dry in the sun.

TUYO

Whole fish is cleaned. Salt and dry in the sun. Small fish like *dílis, tunsóy, lapád* and *galunggon* can be made into *tuyô.*

TAPA

The meat is sliced very thin. Salt it and dry in the sun.

Variation: After the meat has been sliced, marinate with vinegar, salt, saltpeter, pepper, and a little sugar.

CHORIZO BILBAO STYLE

1 kilo very finely ground pork, (ground twice)
½ cup *pimenton de Europa*
1½ yards dried intestines
Salt and pepper
¼ teaspoon saltpeter

Chop or grind the pork very fine on a chopping board. Season with salt and pepper. Add the saltpeter and mix until well-blended with the pork. Add the *pimenton* and mix well. Let stand overnight and season again the next morning with salt. The mixture should be of very dry consistency. Tie one end of the intestine and fill this with the mixture. Fill tightly and tie both ends securely. Hang and allow the liquid to drain well. Prepare pure fat lard and keep the prepared sausage in fat to preserve.

CHORIZO DE RECADO

1 kilo ground pork
1 cup vinegar
2 yards dried intestines
1 large head of garlic, chopped fine
Salt and pepper
1 tablespoon sugar

Place the ground pork in a bowl. Add the finely chopped garlic and vinegar. Mix well and season with sugar, salt and pepper. Let stand overnight and season again with salt the next morning.

Tie one end, cut the intestines 3 to 4 inches long and fill the open end with the mixture. Tie both ends of the filled intestines. Hang the sausage and allow the liquid to drip.

SPANISH SAUSAGES (*CHORIZOS*)

1 kilo pork (¾ lean and ¼ fat)
¾ ounce salt
¾ ounce sweet pepper
Pinch of hot pepper, powdered or finely chopped

Chop the pork (lean and fat) coarse. Season with salt, sweet pepper and a pinch of hot pepper, powdered or finely chopped. Mix all the ingredients thoroughly.

Leave in a cool place for 48 hours. Then fill the dry pork intestines. Make each sausage about 3 inches long. Dry for 2 days, then smoke lightly. They are eaten cold in slices as hors d'oeuvres and are often used to garnish hot dishes typical of the country, such as *Olla Podrida Puchero*, Valencia chicken, etc.

LONGANIZA DE JAMON

1 kilo ground pork
4 tablespoons soy sauce
4 or 5 *kalamansí*
½ teaspoon saltpeter
1 tablespoon pepper
1 tablespoon sugar
6 tablespoons salt
2 yards dried intestines

Place the ground pork in a bowl. Add the soy sauce and *kalamansí* juice. Add the saltpeter. Season with salt and pepper. If a sweet taste is desired, use sugar. Soak the mixture overnight. The next morning, season again with soy sauce since much of the juice has been extracted from the pork.

Tie one end of the intestine about 3 or 4 inches long and fill with the mixture. Tie both ends of the filled intestines. Hang the sausage and allow the liquid to drip.

LONGANIZA DE RECADO

2 cups pork
Salt
Pepper
Lemon juice
Garlic
2 yards intestines

Mix the pork, garlic, salt, pepper and lemon juice. Put in an earthen bowl. The next day, cut the dried intestines 4 inches long and fill with the mixture. Tie the two ends and hang in a cool place.

MORCILLAS

4 cups pork, ground
2 tablespoons salt
½ cup blood of pork
½ tablespoon pepper

Chop the pork and onions; add salt, powdered pepper and cloves. Mix all and pour the blood little by little. Place in an earthen container. Set aside for 2 days. After the second day, fill the dried intestines with the mixture and tie the ends. Steam and hang.

BATUTAY.

½ kilo meat, ground
½ kilo pork, ground
2 heads garlic, pounded
1 teaspoon saltpeter
¼ cup brown sugar
2 tablespoons lemon juice
1 tablespoon pepper
2 tablespoons salt

Mix all the ingredients. Place in an earthen container, cover well and set aside for 2 days. After the second day, cut the dried intestines into 4-inch long pieces and stuff with the mixture. Tie the two ends of the stuffed intestines and hang.

MISCELLANEOUS

BAGOONG AT GATA

2 coconuts	1 cup *bagoóng*

Shred the coconut; squeeze to get the milk. Set aside shredded coconut from which milk has been squeezed. Add ½ cup water and squeeze out the milk again. Pour all the milk into a frying pan and when oil is beginning to show, put in *bagoóng*. Stir slowly until all oil is completely out.

GINATAANG HIPON
(Shrimps with Coconut Milk)

1 liter small shrimps	Salt to taste
3 coconuts	

Wash the shrimps and drain. Grate the coconuts and squeeze to take thick milk (*kakang gatâ*). Add enough water to the grated coconut. Mix well and squeeze again. Add salt to the coconut milk and cook in a *carajay* until it becomes thick with *latík*. Add the shrimps and when the mixture begins to boil, pour the *kakang gatâ* (thick milk).

PINAITI

¼ kilo small, fresh shrimps	Black or green pepper
2 regular-sized coconuts	Salt to taste

Chop the shrimps fine. Grate the coconut and squeeze to take the thick milk. Put shrimps and milk together in a saucepan. Add pepper and salt to taste. Boil until thick enough but not dry.

SAUTEED *BAGOONG ALAMANG*

Sauté the garlic in lard. When brown, add the *bagoóng alamáng*. Add a little vinegar. Let simmer until liquid has evaporated and the mixture is quite dry. Then mix in 1 tablespoon sugar. Mix well, then remove from fire and transfer to good container.

PINAISAN

Any kind of small fish will do. Wash well, season with salt, vinegar, and ginger. Wrap in banana leaves. Cook over slow fire until dry.

TAMALES NA DULONG
(Small Fish)

Mix *dulóng*, ginger, vinegar, and salt. Wrap in banana leaves. Boil with little water.

PHILIPPINE REGIONAL RECIPES

(BICOL PROVINCES)

BICOL *BULANGLANG*

6 big pieces dried fish
1 plateful string beans, cut into pieces
3 banana blossoms (*butuan*), chopped fine
6 bundles of squash shoots
6 bundles string bean shoots
6 pieces of pork
1 tablespoon *bagoóng*
4 coconuts
6 native peppers (*sili*), cut into pieces

Extract the milk of the coconut in little water and put in a frying pan. Boil consistently and stir thoroughly. Add dried fish, pork and *bagoóng*, string beans and banana blossoms. When done, add the shoots and hot pepper.

DALAG PINAKOLAWAN

(Roasted Dalag with Coconut Milk)

2 small *daláy* fish, roasted
1 small coconut, grated and extracted
1 cup *malunggáy* leaves
Salt to taste
Native onions (*lasona*)

Clean the roasted *dalág* with the burned scales. Boil the coconut milk with the fish and onions and add salt to taste. When almost done, add the *malunggáy* leaves and let this simmer for another 5 minutes until the *malunggáy* leaves are cooked. Serve hot.

DINUGUANG MANOK

(Bicol Way)

1 chicken
1 teaspoon pounded garlic
½ cup sliced onions
1 tablespoon lard
1 cup chicken blood
⅓ coconut milk
1 bay leaf (laurel)
Philippine vinegar
Pinch of black pepper
Orégano leaves
Salt to taste

Kill the chicken and let the blood drip into a saucer containing lemon juice. Clean the chicken. Remove the bones. Chop the meat including the internal organs. Sauté the garlic; add the onion. Add the finely chopped chicken meat and internal organs and stir. Cover and cook for 5 more minutes. Then add vinegar, salt, pepper, *laurel* and *orégano* leaves and keep stirring. When the chicken meat is cooked, add the chicken blood diluted with a cup of water. Let this boil. Lastly, add the coconut milk and continue stirring for 10 minutes more.

GABI GULAY (PINALOSAG)

25 *gabi* leaves
2 mature coconuts, grated and extracted
Small pieces of ginger, pounded
5 cloves garlic, pounded
1 big onion, minced
3 green, hot peppers
2 tablespoons *bagoóng alamáng*
¼ kilo pork, cut into cubes
¼ kilo shrimps
1 teaspoonful black pepper

Cut the *gabi* leaves from their stalks and cut them into ribbon-like sizes. Peel about 7 stalks and cut them into inch-long pieces. Then grate the coconuts and extract the milk twice with warm water until you get about 5 cupfuls of coconut milk. Put the pork, shelled shrimps, the *bagoóng alamáng*, the pounded garlic and ginger into the coconut milk. Add also a teaspoonful of black pepper for flavor. Then add the minced *gabi* leaves and the cubed stalks and stir well with a spoon. Put this mixture in a pot and cook as in cooking rice. In addition, continue heating for not less than 20 minutes in order that the *gabi* will be well-cooked.

KANDINGA OF BAGA
(Beef or pork lungs)

1 tablespoon pounded garlic
½ cup sliced onions
½ cup lard
Soy sauce
A pair of lungs of pork or beef, boiled and chopped fine
Philippine vinegar
Salt and pepper to taste

Marinate the chopped lungs in vinegar, garlic, soy sauce and little salt for around 15 minutes. Sauté the garlic, add onions and the first mixture. Stir well. Cover and let it simmer. When it is just a little moist, add the remaining lard and stir constantly to avoid burning at the bottom of the pan. Add black pepper and serve hot.

PANGAT

20 garlic leaves
½ cup diced half-boiled pork (meat with salt)
2 tablespoons shrimps (*bagoóng*)
½ cup shelled shrimps
½ cup vinegar
½ cup diced dried fish
2 cups thick coconut milk

Wilt garlic leaves in the sunshine. Knot each leaf like a handkerchief. Boil in thin coconut milk. When almost tender add the shrimps, pork, dried fish and *bagoóng*, and boil until leaves become soft and little water is left. Remove from water and season with salt. Wrap ½ cup of the mixture in wilted banana leaves and tie with vegetable fiber. Put bundles in kettle where remaining liquid is left. Add thick coconut milk and boil until the wrapper is soft.

PINANGAT
(*Gabi Gulay*)

1 regular bundle of *gabi* leaves
1 big, mature coconut
10 regular-sized shrimps
3 cloves garlic, pounded
1 onion, minced
2 hot peppers
Patis to taste
Ginger (thumb-like size), pounded

Spare 6 *gabi* leaves for wrappers. Shred the rest into small pieces. Grate the coconut and extract the milk, measuring 6 glasses. Mix the shredded leaves with garlic, onions, pepper, ginger, and *patís* to taste in the coconut milk. On one *gabi* wrapper, lay around 3 tablespoons of the mixture and on top of it put two shrimps. Fold the *gabi* leaf and tie with the young *buri* leaves stripped lengthwise. Peel around 5 stalks of the *gabi* for the first layer in the pan. Arrange the wrapped mixture over the stalks and pour the rest of the coconut milk. Heat to boiling point and continue to simmer for about half an hour. Serve with the curdled coconut milk on top.

SINANGLAY
(Pork Dinuguan)

1 kilo pork
2 cups blood
1 cup water
1½ cups vinegar
1 teaspoon salt
3 segments garlic, pounded
1 onion, minced
Hot peppers

Clean the pork and slice into pieces as for *adobo*. Soak in little vinegar and garlic. Sauté the garlic and add the pork with the mixture. Cover, then add water and cook the pork until soft. When the lard comes out from the fat of the pork, add the onion and lastly, add the blood little by little, stirring the mixture while adding and let boil. (Be sure to cut the coagulated blood into small pieces or strain before adding.) Add hot pepper just before removing from fire. Keep covered and serve hot.

SINUHAANG KABUTI (MUSHROOM)

- 1 dozen mushrooms (native and newly gathered)
- 1 smoked fish
- 4 cups water
- 3 tomatoes, sliced
- ½ onion, sliced
- 2 *kalamansi*
- *Patis*

In a casserole put water; drop the onions, tomatoes and smoked fish divided into six pieces. Put native *patís* to taste or a little amount of salt. Let this boil until the mixture is well-cooked. Then add the mushrooms which have been cleaned and well-washed. Boil for another 8 minutes. Remove from fire and extract the juice from the *kalamansi*; then pour on mushrooms. Serve while steaming. (This is especially desirable during summer when fatty or oily foods should be avoided.)

TINAGOCTOC

- 2 *daläg* fish
- 1 large onion
- 3 fresh peppers, cut fine
- ½ cup vinegar
- 3 cloves garlic, crushed
- 3 ripe tomatoes
- 1 pinch black pepper
- 1 cup coconut milk
- A piece of ginger, sliced fine
- Salt or *patís* to taste
- *Gabi* leaves as wrappers
- Eggs

Clean the fish and make an opening at the back without cutting away the head and tail. Clean well the inside of the fish and salt. Lay the fish aside. Mix the sliced onions, pepper, garlic, tomatoes, ginger, beaten eggs, black pepper and season with salt or *patís*. When well-blended, cut the *dalág* into three or four pieces. Stuff the fish with the mixture, then wrap in *gabi* leaves. Arrange in cooking pan, add the vinegar or *kalamansí* juice, water, salt and the coconut milk. Then bring to a boil and let simmer until the fish is cooked. Serve hot.

TINUTO

(Any Vegetable in Coconut Milk)

Cut the peppers one centimeter in length and slice the pork meat in tiny pieces. Extract only 2 cupfuls of coconut milk. Boil this in a pan together with the pork meat, *bagoóng* and stalk of native onions. When only one-half of the milk is left, add the pepper. Continue boiling or simmering until the mixture starts to be oily. Serve hot.

EGG YOLK CANDIES

- 4 egg yolks
- ½ cup condensed milk
- ½ cup sugar
- 5 tablespoons grated cheese

Beat the eggs slightly. Add the sugar and condensed milk. Cook in a double boiler. When it begins to thicken, add the grated cheese. When firm enough to roll, cool slightly. Roll into balls. Dip in thick syrup in thin thread stage. Wrap in colored paper.

(ILOCANO — PANGASINAN)

DINENGDENG

Bamboo shoots (*labóng*)
Saluyot
Broiled fish
Bagoóng (fish)

Boil enough water to cook the vegetables and for broth. Pour a little of the boiling water on the *bagoóng*. Stir and crush the *bagoóng* with water and strain in a saucepan. Put the broiled fish and let boil. Then add the bamboo shoots. Simmer for a while, then add the *saluyot*. Cook a little more, then remove from the fire.

EMPAIS

Select fresh and firm *dilis* or *talimusák*. Clean them well. Season with salt and vinegar. Wrap them nicely in wilted banana leaves. There must be several wrappings in square forms. Place these in a saucepan. Pour the excess vinegar from the fish and add a little more, just enough to cook the wrapped fish with a piece of crushed ginger. Simmer for sometime until the liquid has almost evaporated. Remove from the fire. Unwrap when serving. Serve with sliced tomatoes.

HIGADO

1 kilo of internal organs (liver, kidney, heart, spleen and lungs)
½ kilo lean meat
1 onion
3 segments garlic
1 cup vinegar
1 cup water
Salt and pepper

Chop the lungs. Cut the other internal organs and the lean meat into small pieces. Sauté the garlic until brown and add the onions. Then add the chopped lungs and sauté very well. Add the lean meat and the internal organs. Stir the mixture and add the vinegar. Cover and simmer for a while, then add just enough water to cook. Season with salt and pepper. Cook until tender. This may be served dry or with little broth.

INUTEKAN (PICKLED HOG'S HEAD)

1 hog's head
1 brain
4 segments garlic
1 cup vinegar
¼ cup sugar
Salt and pepper

Boil the hog's head and the brain wrapped in banana leaf. When the meat is soft, separate from the bones and chop. Set the brain aside.

Chop the garlic fine and sauté until brown. Add the chopped meat. Stir the mixture well, then add the vinegar with the sugar dissolved in it. Simmer for a while, then add the broth where the meat has been boiled. When the liquid has been reduced a little, add the mashed brain. Stir very well. Season with salt and pepper. Remove from the fire before it gets dry. The mixture must be of a moist consistency. The sugar may be omitted if desired.

PINAPAITAN

Roasted skin and flesh of goat
Bile of the goat
Onions
Garlic
Vinegar
Salt and pepper

Cut the skin and flesh of goat in small pieces. Sauté the garlic and the onion, add the bile mixed with a little amount of water. Add the flesh and sauté for a while, then add vinegar. Add enough water to cook, then simmer. Season with salt and pepper. Serve hot.

PINAKBET

4 small *ampalayá*
4 medium-sized eggplants
3 tomatoes
1 onion
Ginger
5 pieces okra
4 tablespoons *bagoóng* (fish)
¼ kilo pork (fat)
Salt

Cut the pork into desired pieces and cook in small amount of water in a *carajay*. Boil until the water has evaporated. Season with salt. Continue cooking until fat comes out and the meat is brown.

Prepare the vegetables by cutting the *ampalayá* and eggplants into four pieces. Place in a saucepan, then put the okra, the sliced tomatoes, the onion, and the ginger cut into fine pieces. On top of these, place the cooked pork. Add water just enough to cook the vegetables and to have broth too, then boil. Take a little of the boiling water and with it moisten the *bagoóng*. Crush the *bagoóng* with the boiling water and then strain on the vegetables. Add 2 tablespoons lard, and cook until the vegetables are tender but not overcooked.

BUCAYO

Melt 1 pair of *panutsá* in 1½ cups water. Let boil until it becomes a thick syrup. Then add 2 grated coconuts. Stir constantly until the mixture is very thick. Flavor with *anís* seeds. (The coconuts must not be the mature ones but the medium.)

COLAMBO

1 liter *malagkit*
½ kilo white sugar
½ teaspoon *anís* seeds

Grind the *malagkit* very fine and then put in a fine *bistáy* to let the excess water drip. Make a stiff dough out of it. Knead and form the dough in several pieces shaped like tongues. In a *carajay* boil water and then put in it the dough shaped like tongue. When they float, remove and drain. Put in a clean copper vat or in a well-cleaned *carajay*. Mix the sugar with it and stir the mixture constantly over a slow fire. Flavor with *anís* seeds. When well-mixed and the sugar melted, remove from the fire and transfer to a platter brushed with fresh coconut oil or butter.

DINECDECAN

12 bananas (*sabá*)
1 *buko*
1 cup sugar

Boil the bananas, then peel. Grate the *buko*. In a very clean mortar pound the bananas first, then add the *buko* and the sugar. Continue pounding until the mixture is well-mixed and fine. Remove from the mortar and arrange nicely on a platter. The *sabá* bananas should be ripe or medium ripe.

Roasted corn may also be used instead of bananas in the same recipe.

ENLOBI

1 liter *pinipig* (black)
2 young coconuts, shredded
4 cups coconut milk
1½ cups sugar

Mix all the ingredients in a *carajay* and cook over slow fire, stirring constantly until the mixture becomes very thick. Transfer to a platter greased with a little fresh oil. (*Pinipig* from Pangasinan is black. The *malagkit pinipig* should be selected if possible for this recipe).

INCALOT

1 liter *malagkit*
1 *buko*, shredded
1 cup brown sugar

Grind the *malagkit* fine. Melt the sugar in about ¼ cup water. Mix this sugar and the shredded *buko* with the ground *malagkit*. Knead to have an even mixture of the sugar and the *buko*. Prepare banana leaves. Wrap about 2 tablespoonfuls of the mixture on banana leaves. Tie both ends. Then cook over live coals. Serve hot.

MASIKOY

1 liter ground *malagkit*
5 cups water
1 cup *lingá*
1½ cups brown sugar

Grind the *malagkit* fine and make a stiff dough out of it. Form the dough in several tongue-shaped pieces about ¼ centimeter thick. In a *carajay* boil water and then put in it the tongue-shaped dough. When they float, remove and drain. Set aside.

Roast the *lingá*, then crush and winnow to remove the chaff. Mix this in the liquid where the dough has been boiled, then add the sugar. Stir well and let boil, then add the boiled dough. Serve with broth.

KINELER

1 chupa *malagkit*
1 young coconut
1 cup sugar
5 cups water

Grind the *malagkit* fine. Form into small balls. In a saucepan put the water, the sugar and the shredded young coconut. Let boil and then drop the balls. When the balls float, they are ready. (*Sotanghón* may be used instead of coconut.) Serve with coconut cream, if desired.

UNDA-UNDAY

Grind 1 liter *malagkit* very fine. Make a stiff dough of it. Knead and form in oval shape about ¼ inch thick. Boil water in a *carajay*. When it boils, drop the dough. When they float, remove and drain. Arrange on a platter by pairs and on top of each put coconut *dulce*. The coconut *dulce* should be made of shredded medium-young coconut.

(VISAYAN ISLANDS — MINDANAO)

AGOS-OS

¼ kilo meat
4 cups mashed boiled *kamote* (sweet potatoes)
1 minced onion
Salt to taste

Slice the meat as thin as possible after washing. Season the mashed sweet potato with salt. Add the onion. On a dry banana leaf spread about one centimeter thick of mashed sweet potato. Do this till 2 layers of meat and three layers of mashed sweet potato spread. Roll layers tightly. Wrap the roll carefully with banana leaves. Close 2 ends neatly and when fermentation has taken place, serve the *agos-os* as desired, either boiled or fried.

Some prefer wild hog's meat for this recipe. **(Leyte)**

APAN-APAN

2 cups sliced *kangkóng* stems
1 tablespoon *bagoóng alamáng*
1 tablespoon lard
2 tablespoons vinegar
2 segments garlic
½ tablespoon sugar
½ cup water
Onions

Remove the leaves of *kangkóng*. Wash and slice the stems into one-inch long pieces. Heat the lard in a *carajay* and sauté the garlic and onions. Drop in the *kangkóng* stems, the *bagoóng* and mix. Add the water and boil until the stem is cooked. Pour in the vinegar and sugar mixture. **(Capiz)**

BAMBOO SHOOT WITH SHRIMPS

1 big bamboo shoot, sliced thin
1½ cups shrimp, cooked
2 handfuls *saluyot*
1½ cups coconut milk
Water
Salt to taste

Squeeze out the juice from the bamboo shoot. Put in a pot with enough water and boil for a few minutes. Add the shrimps and continue cooking until the bamboo shoot is almost done. Add the *saluyot* and season. Add the coconut milk and remove from the fire. **(Antique)**

BANANA BLOSSOM WITH FIELD SNAILS (*EGE*)

1 big banana blossom
2 cups snails (*ege*)
1 cup rich coconut milk
1 tablespoon *bagoóng*
Garlic
Ginger
Onion
Salt

Quarter the banana blossom after removing the tough covering. Boil until tender. Remove from the fire and shred the tender parts into small pieces.

Boil the snails in small amount of water with *bagoóng* and salt until dry. Add the banana blossoms, ginger, onions, and garlic, and boil for 5 minutes. Add the coconut milk and continue to boil for 1 minute. Add salt to taste. **(Antique)**

BANANA BUD WITH SHRIMPS

1 onion
4 tablespoons lard
1 cup crushed shrimp heads
3 banana buds (*butuan*)

2 cups shelled shrimps
3 cloves garlic
Salt to taste
Patís and pepper
½ cup vinegar

Squeeze the crushed shrimp heads into ½ cup cold vinegar. Slice the onion and the tender part of the banana buds. Brown the garlic; add the shelled shrimps; simmer for 5 minutes, stirring constantly. Add the sliced banana buds and cook until tender. Pour the shrimp juice and stir constantly until it boils. Add the onion, salt, pepper and *patís* just before removing from fire. **(Romblon)**

BINAKHAO (FISH SALAD)

½ kilo *tangginggi*
20 pieces *iba*
10 pieces *kalamansi*
1 cup grated bark of plum tree
(Sinigwelas)

10 pieces of *galangan* green
2 pieces red hot pepper
Salt to taste

Remove the bones of the fish. Cut the meat of the fish into one-half inch square pieces. Prepare the acid fruit. Slice them thin. Extract the juice of the bark. Add the acid fruit to the sliced fish just before serving. Add the *kalamansi* juice and the juice of the bark. Add enough salt to suit one's taste. The red pepper may be added if preferred. **(Negros Oriental)**

BINONGONAN

Binongonan means wrapped in banana leaves and cooked in hot ashes. This method of cooking is used when reheating left-over meats, small fish on *gabi* leaves.

Prepare the banana leaves by wilting over fire. Salt the meat, fish, wrapped in *gabi* leaves. Add ripe tomatoes and onions. Wrap in several thickness of banana leaves. Bury in very hot ashes. Put enough live coal over the ashes. Continue cooking until done. **(Bukidnon)**

BOILED CHICKEN WITH BANANA *UBAD*

1 chicken, dressed and cut into pieces
4 ripe tomatoes
1 inch ginger
3 tablespoons lard

Salt to taste
Enough water to cook the chicken
The inside white stem of a banana plant

Scrape the skin of the ginger. Crush it. Cut tomatoes into pieces. Heat the *carajay* with lard. Sauté the tomatoes, then the chicken. Sear every cut of the chicken, add the ginger and enough water to cover and let boil.

Meanwhile the *ubad* should be prepared. Cut into thin slices and crush the slices together until they become small, like grains of corn. Squeeze off the water.

When the chicken is almost done, add the *ubad* and continue to cook until the vegetables are cooked. Season with enough salt to taste. **(Negros Occidental)**

BOILED LIVER

2 cups liver (cow's or pig's)
1 big onion
2 cups sliced bamboo shoots
7 green peppers
2 tablespoons vinegar
1 small box seedless raisins
2 cloves garlic
Salt and pepper

Slice bamboo shoots into convenient sizes and boil until tender. When done, wash several times to remove bitter taste. Clean and seed the green peppers. Cut them lengthwise into strips. Cut the liver into small pieces. Slice the garlic and onion. Add the vinegar, then the green pepper and bamboo shoots. Add the liver and the raisins. Cook until done. Season with salt and pepper. Remove from the fire and serve. **(Iloilo)**

CHICKEN *KARI-KARI*

(Sulu Style)

1 spring chicken
2 tablespoons curry powder
6 sweet potatoes, cut in halves
3 ripe tomatoes
1 small onion
3 cloves garlic
1 tablespoon salt
4 cups very thick coconut milk
1 cup water
3 tablespoons lard or coconut oil

Cut chicken into suitable sizes. Mix with curry powder. Sauté the garlic, onion and tomatoes. Add the chicken and water. Put coconut milk and continue cooking. When chicken is almost done, add the sweet potatoes. Salt.

CRAB STICKS

2 cups flaked cooked crabs (include crab fat)
2 cups shredded young coconut
2 cups finely chopped pechay leaves
1 tablespoon *patis*
2 sections native onions
4 leaves *hierva buena*
1 piece ginger
1 piece *dulaw*
6 ripe tomatoes
Salt to taste
Atsuwete water
Banana leaves (20 centimeters wide)

Place the cooked crab meat and shredded young coconut in a bowl. Chop all vegetables and add them to the mixture. Season with *patis* and salt and mix well. Place about 2 tablespoons of the mixture in a piece of banana leaf. Roll tightly and fold both ends. Steam. **(Surigao)**

CRAB *ULANG-ULANG*

Wash crabs. After dipping in hot water, open the crabs and remove the fat lining in the shell. To this fat, add grated and finely chopped coconut *bingi* meat and little salt. Return mixture to the shells tying two together with a piece of string. Put the crab in the pot and cook with thin coconut milk. Put a little garlic and onion. Add the thick coconut milk, and simmer a little. Remove from the fire.

Shrimps instead of crabs may be used. Mixture of peeled chopped shrimps and *bingi* meat may be wrapped in banana leaves. **(Mindoro)**

ENASLUMAN

3 medium-sized *patola*, sliced
2 large tomatoes
5 pieces okra
2 cups shrimps
¼ medium-sized *upo*, sliced
3 tablespoons *bagoóng*
Lumbáy or any leafy vegetable

Boil enough water to cover all the vegetables. Put in the tomatoes, okra, *upo* and *patola*. Continue boiling for a few minutes. Then add the shrimps and *bagoóng*. Let it boil until the shrimps are cooked. Add the leafy vegetables. When done, remove from the fire. Serve hot. **(Mindoro)**

CRABS WITH *BAGO* LEAVES (*SILI*)

1 medium-sized crab
2 cups *bagó* leaves, cut into halves
2 big ripe tomatoes
2 sections native onions
1 cup shredded young coconut
1 cup water
2 cups coconut milk
Salt to taste

Select a fat crab. Scrub it with brush and water. Remove the pinchers and crack them. Open the crab and remove the stomach attached to the shell. Pack the shredded young coconut into the shell. Return the body to the shell and tie. Pour 1 cup of water into the pot; add the quartered tomatoes, onions and salt. Let it boil over and add the crab and pinchers. Boil until the crab is thoroughly cooked. Add the *bagó* leaves and boil. Then add the coconut milk. Season to taste. **(Surigao)**

FISH *KILAWIN*

1½ cups raw fish (*gurayan*)
15 heads native onion
3 tablespoons salt
A piece of ginger
2 pieces half-ripe tomato
3 cloves garlic
1 cup strong vinegar

Remove the heads of the fish. Wash well. Let the water drain off. Rub off 1 tablespoon salt and put 1/3 cup vinegar to cook fish. Loosen the backbones one by one and remove them. Wash in the same vinegar where they have been soaked. Squeeze off the boiled vinegar. Wash again in 1/3 cup vinegar and squeeze again. Put in a bowl. Add tomatoes, sliced fine; the onions, cut fine; as well as the garlic and ginger. Sprinkle with salt. Add the vinegar. Mix well. Serve as an appetizer. **(Negros Occidental)**

FISH *KINILAW*

1 cup small fresh fish
1 tablespoon sliced ginger
¼ cup vinegar
Salt to taste

Select very fresh fish. Sort and wash several times. Prepare a mixture of vinegar, salt and slices of ginger. Clean the fish by removing head, stomach, and spines. Soak fish in vinegar mixture for at least 1 hour before serving. This recipe is rich in minerals, especially calcium and iodine. It serves also as a good appetizer. **(Capiz)**

FISH WITH PINEAPPLES

1 medium-sized fish
½ onion, chopped
3 ripe tomatoes, chopped
2 tablespoons soy sauce
2 sections garlic
4 lemons
4 half-slices of pineapples
Enough lard to fry

Clean and dry fish very well. Add juice of 2 lemons and crushed garlic with the soy sauce. Moisten the fish with this. Season tomatoes and onions with salt. Stuff this into the cavity of fish. When fish has absorbed enough of the soy sauce solution, fry it. When brown, remove and place on a platter. Leave a little fat in the *carajay*. Sear pineapples in it. When done, garnish the fish with them. Pour sauce over the whole dish.

Prepare a thin sauce of water, flour, salt in a double boiler. Add juice of 2 remaining lemons. When done, remove from fire and pour into it a beaten egg yolk, stirring mixture constantly. Then pour on a dish and serve. **(Surigao)**

HUMBA

- 1 kilo pork
- 2 pieces *gabi*
- Soy sauce
- Pepper
- *Yonco* (dried mushroom)
- *Hibe* (dried shrimps)
- Garlic
- Peppercorns

Cut pork into big pieces; sauté in little garlic and soy sauce. When meat is brown, pour into a pan, cover with enough water and stew until tender. While cooking, add mushroom and *hibe*, 1 head garlic, a few peppercorns, soy sauce and a little amount of brown sugar. Add *gabi*, cut into big pieces and continue cooking until meat is tender and enough sauce is left. Serve hot or cold. **(Negros Oriental)**

INOYAPAN PORK WITH EGGPLANT

Sauté small pieces of pork with garlic, onions, and ripe tomatoes. When softened, add eggplants cut crosswise. Then add 2 tablespoons *uyap* (*bagoóng* made from shrimps) just enough to taste. Remove from fire and serve hot. **(Negros Oriental)**

KILAWIN (PORK)

- 1 kilo pork (ears)
- 2 pieces small onions
- 4 tablespoons lemon juice
- 2 tablespoons white pepper
- 8 tomatoes
- Soy sauce
- 2 hard-boiled eggs
- 3 pieces red pepper
- Salt to taste
- Green onion leaves
- Lettuce leaves

Boil pork until tender. When done, slice into small pieces. Moisten with lemon juice. Slice fine ½ of onion and tomatoes. Add them into the sliced pork. Cut green onion leaves into small pieces and add them to the mixture. Add salt and soy sauce to taste. Arrange them on a platter, garnish with lettuce leaves. Decorate top with remaining onion, tomatoes, red pepper, and sliced eggs. **(Iloilo)**

KUIMASH

- 1 kilo meat
- 3 cups coconut milk
- 3 cups water
- 3 tablespoons curry powder
- 5 pieces laurel leaves
- 3 pieces cinnamon bark
- 1 tablespoon salt
- 1 head garlic
- 1 medium-sized onion
- 1 piece ginger
- 2 tablespoons peanut butter or pounded peanut
- 3 tablespoons lard or coconut
- Few peppercorns

Pound the garlic, onion, ginger, and pepper. Cut meat into desired pieces. Sauté the pounded mixture in a frying pan; add meat and water. Cover and cook for about 15 minutes or until mixture is almost dry. Add the thick coconut milk and salt and continue cooking until the meat is very tender. Serve hot. **(Sulu)**

LINAGPANG

Clean the *daláq* (mudfish), that is, remove intestines, gills, and fins. Remove its slimy coatings by rubbing it with guava leaves. Salt it and let it stay for about 15 minutes in salt before broiling it. Wrap in *hiligranon* with *bagoóng* (*hipon* or partly dried small shrimps, (salted and mashed fine) in a banana leaf. Broil the wrapped *bagoóng* and the fish. Break broiled fish into pieces and drop it in warm water enough to cover it. Season with broiled *bagoóng* and a little piece of pepper to have a little pungent taste. Native onions may be cut ½ inch long and added to mixture. Serve hot. **(Negros Occidental)**

NILAO-CY BUNTONG AT CALAMONGGAY

2 cups shredded young coconuts
1 small bundle of *calamonggáy*
1 small piece ginger
1 tablespoon salt
1 *daing* (dried fish)
1 cup water

Boil water, add *buntong* or shredded young coconut. Drop the ginger and the *calamonggáy*. Season with salt. Add dried fish if desired. **(Bohol)**

PAKLAY

3 cups bamboo shoots, cut in strips
¼ kilo pork (fat and lean)
1 tablespoon salted shrimps (*bagoóng*)
3 tablespoons lard
6 large shrimps
1 onion
2 cloves garlic
2 tablespoons *atsuwete*

Shell the boiled shrimps. Pound the shells and pour enough water to be able to extract 3 cups juice from it. Slice the shrimp meat. Boil the pork and cut into pieces. Save the broth in which it has been boiled. Slice the onion and tomatoes and crush the garlic.

Sauté the garlic, onion, add the tomatoes in lard, then add the shrimps, pork, and bamboo shoots. When dry, add shrimp stock, meat, and the *atsuwete* water. Boil until shoot is tender. Add the *bagoóng* and season with salt. Serve hot. **(Antique)**

PIYALAM

1 small onion
2-inch *tanglad*
1-inch *dulaw* (saffron)
½ tablespoon salt
1½ cups thick coconut milk
1 medium-sized fish
A piece of coconut meat 2½ inches long
Red pepper (*sili*)

Pound onion, *tanglad*, salt, coconut, *dulaw*, and red pepper in a stone mortar. Clean fish and put in a saucepan and add the pounded mixture with coconut milk. Cook until fish is done. **(Sulu)**

SATTE

1 chicken
2 tablespoons curry powder
1 tablespoon salt
1 tablespoon sugar
½ cup coconut milk mixed with
2 tablespoons coconut oil

Dress the chicken and remove all the meat from the bones. Cut meat into small pieces and mix with curry powder, salt and sugar. Prepare sharp sticks and pierce stick thru four or more pieces of the meat and broil over live charcoals. Baste or moisten with the coconut milk as you turn to prevent burning. When cooked, serve with "Sambal" sauce. **(Sulu)**

SAMBAL SAUCE

4 *tanglad*, cut in small pieces
10 pieces red pepper (*sili*)
2 *dulaw* (saffron)
2 tablespoons peanut butter or ground peanuts
2 medium-sized potatoes, mashed
2 cups thick coconut milk
2 teaspoons salt
5 big tomatoes
1 medium-sized onion
4 cloves garlic
1 piece ginger
4 tablespoons flour mixed with ½ cup water
4 tablespoons sugar

Pound *tanglad* with *sili*, and *dulaw*. Slice the onion, garlic, ginger, and tomatoes. Sauté the garlic, onion, ginger, and tomatoes. Add pounded mixture, peanut butter, mashed potatoes, and coconut milk. Bring to boiling point, then add the flour mixture, sugar, and salt. When it becomes thick, it is done. Serve with "satte." **(Sulu)**

TAGUBA

1 kilo pork
½ cup vinegar
1 clove crushed garlic
1½ tablespoons sugar
½ cup fried peanuts
½ cup soy sauce
1 tablespoon white wine
6 pieces peppercorns and bay leaf
¼ cup dried banana blossom
  (*bulaklák ng saging*)
Salt and pepper

Cut pork into medium-sized pieces, soak in water, vinegar, soy sauce, garlic, peppercorns, and bay leaf for 5 minutes. Then cook in pot until tender. Add wine and sugar. Lastly add the peanuts, *bulaklák ng saging* and season with salt and pepper.

TURTLE DELICACY

4 cups turtle meat, cut in strips
  with fat and internal organs
3 cups turtle egg yolks
1 big onion, sliced
5 ripe tomatoes, chopped
4 sections garlic, macerated
⅓ cup salted beans
1 tablespoon sugar
½ cup lard
1 handful of the following leaves:
  guava, *tambís* or *makopa*
  hagonay, tamarind, chopped
⅓ cup soy sauce
Ginger
Salt

Sauté the garlic and ginger in lard. When brown, remove from the fat and throw them away. Sauté the onions, tomatoes, and meat. After 5 minutes add the eggs and the chopped leaves. Season with salt, sugar, salted beans, and soy sauce. Add little water. Cook until tender. Serve very hot. **(Surigao)**

UTAK-UTAK

1 broiled or fried fish
1 medium-sized onion
2 eggs
4 tablespoons flour
Salt and pepper

Remove bones and shred fish; mash till fine. Mix minced onions to mashed fish. Beat eggs till light and fluffy. Add salt, pepper, and flour; mix well. Then add fish to egg mixture and mold into desired shapes. Fry in deep hot fat. **(Sulu)**

JACKFRUIT WITH COCONUT MILK AND VINEGAR

3 cups jackfruit, boiled and
  cut into strips
½ cup vinegar
½ cup pure coconut milk
Ginger
Garlic
Onion

Mix all the ingredients and season with salt and serve. **(Antique)**

KALANDRACAS

1 *ampalayá*, sliced thick
1 cup squash, cut into one-inch
  long pieces
1 pound pork
½ cup shrimps, peeled
1 eggplant, sliced thick
½ cup string beans, cut into
  1-inch length pieces
2 segments garlic
Bagoóng

Prepare the vegetables as indicated. Sauté the garlic, then add the pork, shrimps, and *bagoóng*. Add the shrimp juice and allow the mixture to boil for several minutes or until the pork is soft. Add the vegetables and cook until they are tender. Taste and season as desired. Serve hot. **(Davao)**

DIET THERAPY

ANEMIA

Anemic persons should be given a protein-rich diet. Liver, milk, eggs, leguminous seeds, cereals, butter, cream and coconut creams, are encouraged to the limit of toleration and digestion.

In severe cases, it is suggested that predigested foods be given . . . such as peptonized milk, milk jelly, and milk punch. Starches in the form of arrowroot, enriched rice flour, or cassava flour cooked in milk can be given between meals. Medical advice on supportive therapy should be sought.

A par-excellence food for this disease is homemade pemmican.

HOMEMADE PEMMICAN

¼ lb. lean beef put twice through a meat chopper

¼ lb. marrow from the leg or shin bone of an ox

Chop the marrow with a silver knife and remove the fiber. Mix the beef and marrow thoroughly with a half spoonful of salt, set, stand at once in a cold place, then broil.

Serve it with whole wheat bread of some easily digested, simply cooked green vegetables, sliced oranges, a few white grapes, or make it into sandwiches.

NOTE: In cases of pernicious anemia, induce the patient, if possible, to eat this whole amount in 2 or 3 servings.

(This is a good preparation also for a tubercular patient.)

CHICKEN LIVERS WITH BACON

Clean and cut livers in pieces. Wrap a thin slice of bacon around each piece. Fasten with small skewers. Put in broiler over dripping pan and bake in hot oven (425°F) until bacon is crisp, turning once.

These can also be cooked on open hot charcoals.

BROILED LIVER

Wipe with damp cloth and remove the thin outside skin and veins. If beef liver is tough, parboil 5 minutes if sliced, 20 minutes if whole.

Prepare slices of liver ½ inch thick. Sprinkle with salt and pepper, place in greased wire broiler, and broil 5 minutes, turning often. Spread with little butter and serve hot.

CREAMED LIVER SOUP

⅜ cup chopped liver
2 cups milk
4 tablespoons flour
2 tablespoons butter

Make white sauce and add chopped liver. Heat well, season and serve.

ALBUMINIZED MILK

Put the white of one egg and a cup of milk into a quart fruit jar. Cover the top and shake it very well for a few minutes. Strain and serve at once.

ARROWROOT MILK

Put 2 cups of milk in a double boiler, add 2 teaspoons of arrowroot moistened in a little cold water, stir until the mixture thickens, cover the vessel, and cook ten minutes. Two teaspoons of sugar and 4 tablespoons of sherry may be added if admissible.

ARROWROOT JELLY (2 servings)

Put 1 cup of milk in a double boiler, add 2 teaspoons of arrowroot moistened in 2 teaspoons of cold milk. Stir well until mixture begins to thicken, cover the boiler and cook 15 minutes. Turn into small individual molds and stand aside to cool. This should be shaky and jelly, not stiff. Serve with powdered sugar and cream.

LECHE FLAN

8 egg yolks
1 cup sugar
2 cups fresh milk
1 lemon rind or vanilla

Scald the milk in a double boiler for 15 minutes. Beat the egg yolks with the sugar, milk and flavoring. Pour into mold lined with caramelized sugar. Place this in a bigger pan half-filled with water and bake until mixture becomes firm. Cool before removing from mold.

Note: To carmelize sugar, dissolve 1 cup brown refined sugar in ¼ cup water and cook over moderate heat until the sugar browns or caramelizes.

COCONUT LECHE FLAN

2 cups thick coconut milk
6 egg yolks
4 egg whites
1 cup sugar, refined
1 cup brown sugar
¼ cup water
1 lemon rind

Dissolve brown sugar in ¼ cup water and cook over moderate heat until the sugar browns or caramelizes. Line evenly a suitable mold with ¾ of the caramelized syrup and set aside.

Stir the milk into the remaining ¼ of the caramelized syrup. Place over low heat and stir continuously until all caramel is dissolved.

Mix egg yolks, and slightly beaten whites and beat lightly to mix thoroughly. Add sugar and lemon rind. Then add coconut milk with caramelized syrup and mix well. Strain with cheese cloth and pour into the mold. Cook slowly in a pan of hot water without allowing the water to boil. After 1½ hours cooking, cover mold with a sheet and over this, place a few pieces of live charcoal to brown top of custard or slip under broiler in oven just long enough to brown.

Cool and unmold before serving.

ASTHMA

Overeating, hurrying through our meals, and too many parties aid in the development of asthma and other manifestations of allergy.

Aside from improper eating habits, another poor practice is seeking medical advice when the disease is already at its chronic stage — unmindful that medical care plus correct diet can help cure a disease. Remember that each succeeding attack makes cure more difficult.

When our stomach is constantly at work, its digestive powers flag. Consequently, unnatural fermentations occur and the toxins (or poisons) formed are circulated through our system. One will notice that an asthmatic person is highly sensitive to change of weather and readily catches cold.

The prime rule in asthma is: Never overeat and "nibble" between meals. Sometimes attacks happen because of flatulency (having gas in the stomach or intestine) and indigestion. Avoid foods that habitually induce the attack.

Try to eat foods that are not cooked in fat. Eat starchy foods sparingly. Green vegetables should be eaten crisp — perhaps cooked in a little salted water, or served raw as a salad with a little vinegar-oil dressing.

Needless to say, fresh air and pure clean water are necessary companions in this health program. Consult your family physician for other health measures.

ALMONDS

The high price demanded for almonds places them from a food standpoint, among luxuries, appetizers and flavorings.

They have, however, a decidedly medicinal value. Some physicians recommend an emulsion of almonds where fatty food is called for and olive oil is not well-borne.

Almond milk is very beneficial in cases of stomach trouble. Six almonds, blanched and eaten raw, will frequently relieve an acute attack of indigestion, provided they are properly and thoroughly masticated.

Almonds are digesters, so they are served salted and roasted at the end of the meals. The enzymes are killed by roasting and they become indigestible. Serve them raw.

NOTE: Good for asthma, stomach trouble, chronic indigestion.

GLUTTEN BREAD

Put 4 cups of flour in a bowl, add sufficient water to make a very hard dough. Knead this dough until thoroughly mixed, then put it through a sieve, under a small stream of water and knead until the dough is nearly free from starch. When the water is clear, take the remaining gluey mass to the bread board; add a teaspoon of baking powder, mix; break off a piece about the size of a *kalamansi* and roll it out on your palm into a stick about four inches long and the size of a lead pencil. Put these on oiled paper and bake in a very slow oven until crisp.

If these are to be served warm, bake them in a quick oven, which gives an entirely different effect.

BROILED FISH

Purchase a center steak from any white-fleshed fish, cut off enough for one feeding. Fish must not be used the second day. Wash it quickly, wipe it dry, put it in a wire broiler and over a clear fire until slightly browned on one side, turn and brown the other; then hold it at least 6 inches above the fire; turn it once or twice, broiling it 10 minutes in all. Transfer it to a heated platter, spread over with little butter, put over a few drops of lemon juice and serve at once.

POTATO PUREE

Break a well-baked potato into halves and scoop out the mealy portion; add 4 tablespoons of good cream and a spoonful of salt; beat it quickly with a silver fork and serve on a heated plate.

APPENDICITIS

Did you know that appendicitis is more common among persons who are troubled with habitual constipation or persons who sit in unnatural positions or stoop over as tailors, seamstresses or bookkeepers?

The most important step towards recovery from appendicitis is to correct the irregularities of the stomach.

(1) Give up one meal a day, preferably, breakfast. Take coffee without sugar, or orange juice, or half a glass of apple juice. However, if breakfast is eaten, the food must be light and easily digested. Prepared cereals such as corn flakes, farina, pablum (oatmeal), cream of wheat, etc. may be taken.

(2) Luncheons should be composed largely of cream soups or milk preparations.

(3) For supper, give boiled rice, broiled beef, chicken or white-fleshed fish, with little vegetable in salad form.

(4) Garlic is a desirable stimulant in this disease, so rub the plate in which to make the French dressing with a clove of garlic.

(5) Induce the patient to stop eating while the food tastes good. The food must be thoroughly masticated.

(6) Do not give desserts.

GRILLED MILKFISH

1 large milkfish
1 onion
4 tomatoes, medium-sized
1 tablespoon soy sauce
2 segments garlic, macerated
¼ cup white native vinegar
Salt and pepper to taste

Clean a two-pound milkfish and make an opening at the back. Do not remove the scales, but remove the intestines and blood clots.

Chop the onions and tomatoes until fine. Season with salt and pepper. Stuff the fish; wrap it with banana leaves and tie with a string. Broil it in an oven for an hour and a half. When done, serve with sauce of macerated garlic, soy sauce and native vinegar.

COFFEE SOUFFLE

1½ cups coffee infusion
½ cup milk
⅔ cup sugar
¼ teaspoon salt
3 eggs
½ teaspoon vanilla
1 tablespoon granulated gelatin

Mix coffee, milk, half the sugar and gelatin, and heat in double boiler. Add to remaining sugar, salt and egg yolks, slightly beaten. Return to double boiler and cook until mixture coats spoon, stirring constantly. Remove from heat, add egg whites, beaten until stiff, and vanilla. Mold, chill, and serve with cream, plain or whipped.

BANANA WHIP

3 bananas (*lakatan*)
¾ cup sugar
¼ cup lemon juice
1 cup heavy cream, whipped

Peel and scrape the bananas. Force through sieve. Cook with sugar and lemon juice, to boiling point. Chill. Fold with cream.

BERIBERI

Rice, our staple cereal, is usually consumed in the white milled form. This form of white rice diet has been associated with deficiency diseases, notably beriberi. We all know that beriberi is the number two killer — close behind tuberculosis. Unlike tuberculosis, beriberi is not caused by germs but a deficiency of vitamins, especially Vitamin B or thiamine. A total of about 25,000 Filipinos die each year from this dreadful disease. Infant death rate are usually two-thirds of the total beriberi mortality.

It was because of this high recorded beriberi death rate that the Philippines was selected as the first field test of the rice enrichment program.

A practical approach to the beriberi problem has been found in rice enrichment, a measure which gives white rice dietary advantage over brown, undermilled, home-pounded and parboiled rice with special emphasis to its thiamine and niacin.

Enriched rice is the same polished rice you eat everyday to which extra food values in the form of vitamins and minerals have been added. This is done to replace what has been lost or removed during the milling.

In comparison, premix rice is a highly fortified rice grain; any ordinary polished rice is used as base. This rice base is treated with a concentrated vitamin solution consisting of thiamine and niacin.

Let us not confuse enriched rice with premix rice. Enriched rice is the result of mixing proportionally ordinary milled rice with premix or vitaminized rice. Through a device called the "feeder" attached to the rice mill, enriched rice is obtained when we use the following ratio: 1 part premix to 200 parts ordinary milled rice. We may do the very same thing at our homes, use one tablespoon of premix rice to one ganta ordinary milled rice.

Dr. Juan Salcedo, Jr. and his associates demonstrated experimentally in Bataan, in the biggest field trials on human beings in the history of medical science, that rice enrichment is an effective answer to our beriberi problem.

PUTO MAYA

3 cups enriched *malagkit*
5 cups coconut milk
1 cup sugar
1 small coconut, grated

Wash the *malagkit* and add the coconut milk. Cook over high heat until steam escapes from under the edge of the cover. Lower the heat and allow to steam until done. Mold each serving and garnish with grated coconut and sugar.

GINATAN RICE WITH CORN

½ cup enriched *malagkit* rice
1 cup young corn (scraped off the cob)
1 cup coconut cream (first extract)
8 cups coconut milk
2 cups sugar
1 teaspoon salt

Boil the washed *malagkit* rice in coconut milk until half done. Add the corn, sugar and salt. Continue cooking, stirring occasionally until rice and corn are cooked. Before serving, top the dish with the coconut cream. Or if it is desired, the cream can also be added to the mixture a minute or two before removing from fire.

CANCER

For people suffering from cancer, a vegetable diet, with such foods as eggs and milk, is recommended. Fruit juices as well as fruits are excellent foods.

In arranging the menu of a cancerous person, the white meat of chicken could be given 2 to 3 times a week. Avoid pork and all red meats. Exclude from the diet all fried foods and all dishes cooked long beforehand.

It's a strict diet . . . but if there is to be a cure, there is no alternative but to follow! Of course, we limit this discussion to the diet. There are surgical and physical as well as some chemotherapeutic measures against cancer.

CODDLED EGG

Drop one or two eggs into a quart of boiling water in a kettle or a saucepan with a lid; cover and stand on a table away from the fire, six minutes, or if the eggs are to be served very soft, five minutes. Serve in a hot cup. If cooked correctly the white will be congealed but soft, while yolks will be well-cooked. (Best method of cooking eggs for the sick).

KOUMYS

Heat 2 quarts of milk to 100°F., boil together 2 tablespoons sugar and 2 tablespoons water; add this to the milk; dissolve a third of a compressed yeast cake in 2 tablespoons of milk, add it to the milk and pour at once in bottles. Cork and tie down the corks in the same way as for champagne, stand the bottle upright in a temperature of 65°F. overnight; next morning place them carefully on their sides in a cold place, and after 24 hours they are ready for use. Open the bottle with a champagne top.

STUFFED POTATO

Cut a baked potato into halves, scoop out the center, mash it with a silver fork, add 4 or 5 tablespoonfuls of hot milk and a saltspoonful of salt. Beat until light, and fold in carefully the well-beaten white of one egg. Fill the "shells" but do not pat the mixture down to make it heavy. Brush the top lightly with milk, and bake in a moderate oven until golden brown. Serve on a dainty paper doily.

This is a nice way to serve a baked potato, both to children and invalids. The second baking makes it more easily digested.

For variety use sweet potato.

FRENCH OMELET

2 eggs	1 tablespoon butter
2 tablespoons milk or cream	Salt and pepper to taste

Use a heavy pan of generous size. If used for omelets alone, it does not need washing after each cooking. Wipe carefully with a dry cloth.

Beat eggs slightly, just enough to blend yolks and whites, and add milk and seasonings. Put butter in hot omelet pan; when melted, turn in mixture; as it cooks, lift with spatula, letting uncooked part run underneath until the whole is of creamy consistency. Increase heat that it may brown quickly underneath. Fold and turn on hot platter.

CHRONIC CONSTIPATION

Nothing is more uncomfortable or more irritating than a feeling of being constipated. Several doctors have said that the mind has a powerful influence over this disease.

The following "Don'ts" might help one select a suitable diet for a constipated person:

1. Don't eat an early breakfast, especially in bed.
2. Don't eat stewed fruits (especially *saba* cooked in syrup) at the end of the meals.
3. Don't drink at the beginning of a meal.
4. Don't preface your meal with soup.
5. Don't eat rich sauces.
6. Don't use mayonnaise dressing on vegetables; use French dressing.
7. Don't eat when not hungry.
8. Don't eat a great variety of foods.
9. Don't eat large quantities of fruits with meals; they cause discomfort and interfere with the action of the heart.

"Do" however:

1. Bathe or sponge every morning. This helps the circulation of the blood.
2. Drink immediately a glass of cool water, not ice water. After half an hour, drink a cup of clear coffee.
3. A glass or two of cool water can be taken between breakfast and luncheon.
4. If hungry a little later, eat fruit or a soft boiled egg.
5. Masticate your food thoroughly.
6. Drink at the end of each meal.
7. Take fruits with cereals and vegetables with meat.
8. At bedtime, eat four or five tablespoons of scraped carrots, apples, or a piece of peanut brittle or a small bag of freshly popped corn.
9. Before going to bed, drink a glass of cool water.

PEANUT BRITTLE

2 cups sugar	
1 cup roasted peanuts, chopped	A few grains of salt

Melt sugar in heavy pan, stirring constantly until it is a thin syrup. Add nuts and salt. Stir until well-coated and spread thinly in greased pans. When nearly cold, mark in squares.

STUFFED *KAMOTE*

(Sweet Potatoes)

2 large sweet potatoes	¼ cup chopped pecans
2 tablespoons butter	2 egg whites
4 tablespoons hot cream	1 teaspoon salt

Scrub the sweet potatoes and bake until soft. Cut in halves lengthwise, remove the contents. Be careful not to break the skins. Pass the sweet potato through the ricer, add the butter, cream, salt and the chopped pecans. Beat the mixture until fluffy and add to it the stiffly beaten egg whites. Mix well, and return the mixture to their cases. Bake about ten minutes.

ALMOND WAFERS

Mix one cup of almond paste with one and a half cups of warm water, and stir in sufficient bran to make a hard dough; this will take nearly 4 cups. Roll it into very thin sheets, cut it into wafers (one-inch wide and two-inches long) and bake in a moderate oven to a golden brown. The bran must be clean, free from flavor.

For: asthmatic patient
rheumatic
chronic constipated

OATMEAL WITH FRUIT MERINGUE

Left-over oatmeal may be turned at once into a small round mold; at serving time turn out the mold, cut the oatmeal into thin slices, put a slice in the serving dish, cover with strawberries or sliced peaches or sliced bananas; put on another slice of oatmeal and dust lightly with powdered sugar.

Beat the whites of one egg to a stiff froth, add a tablespoon of powdered sugar, beat until fine and glossy. Spread this over the oatmeal top and sides, dust again with powdered sugar, run it in the oven just a moment to brown the meringue. Serve at once with a tiny pitcher of cream.

CARROT SOUP

Scrap and wash two good-sized carrots. Grate them into two cups of boiling stock, (beef or chicken stock). Add one onion (grated) and simmer for half an hour. Add ¼ teaspoon salt, 1 tablespoon parsley (chopped) and juice of ½ lemon. Serve in a soup dish and garnish the top with the powdered yolk of a hard-boiled egg. (Good for cases of chronic constipation).

DIABETES

Diabetes is a primarily hormonal deficiency disease characterized by a voracious appetite, an increase of sugar in the blood and the excretion of sugar and sometimes acetone bodies in the urine. Although the complete information of the exact initial cause is still unknown, heredity closely associated with obesity in adults and overweight in children are outstanding factors of this disease.

Unlike previous years, the modern diabetic does not need a long, long list of diabetic recipes. Everyday foods may be seasoned according to taste provided no sugar is used.

The standard diet of a diabetic includes:

1. Green vegetables, not starchy ones.
2. A choice of fresh fruits for dessert or canned fruit of the water-packed brands.
3. Milk, sufficient for its calcium values.
4. Eggs, prepared and served with bacon or cheese (not fried or hard-boiled)
5. A choice of meat, fish or fowl liver or shellfish.
6. A variety of breads (not sweetened)
7. Cereals
8. Butter, cream, oil, or mayonnaise
9. Commercial ice cream once or twice a week is permissible.
10. Clear weak tea and coffee.
11. Use saccharin or sucaril instead of sugar.

HOW TO COOK CHICKEN IN A PAPER BAG

Heat the oven at least 10 minutes before putting a chicken or bird; 300°F is just about right. Dust the chicken with salt, brush it with little melted butter, put it in a paper bag, fold over the end of the bag and fasten it; place the bag on a grate in a pan, and at once in the oven. Cook 35 minutes to a pound. Slide the chicken from the bag to a serving dish, and pour over the sauce.

This perhaps is one of the best ways of cooking chicken for the sick. There are very good logical, scientific reasons for using a bag or oiled paper for oven cooking of meats.

This method of cooking retains all the nutritious qualities, and the meat does not shrink or become dry, and is never greasy.

CREAM SAUCE A LA GENEROSA

Put four tablespoons of cream in a China cup, stand it in a little pan of hot water and stir it until it is palatably hot, and add ¼ teaspoon of salt. Use at once.

This sauce can be used in diabetic cases.

CHICKEN WITH PAPAYA AND *SILI* LEAVES

1 spring chicken cut in pieces
½ tablespoon fat
2 cloves garlic
¼ onion
Green papaya, cut up
Sili leaves
A piece of ginger
Salt or *patis*

Fry the garlic, ginger, onion, then add the chicken. Mix well and when partly done, add enough water to cook the chicken until tender. Add the papaya and cook until it is soft but not mushy. Season with salt or *patis*. Add *sili* leaves before removing from fire.

GENEROSA PUDDING

Grate one coconut, pour over it two cups of boiling water, stir for about 2 or 3 minutes, let it stand until cool and squeeze the milk. Strain. Put the coconut milk thus made into a double-boiler, add the beaten yolks of two eggs, cook just a minute until slightly thickened. Take from the fire and turn into the serving dish. Beat the whites of eggs into a stiff froth, heap them over the top of the pudding and heat it in the oven a minute to brown.

This may be given as a change to diabetic patients.

ALMOND CAKE

¼ pound almond
2 tablespoons butter
¼ teaspoon salt
2 egg yolks
2 egg whites (well-beaten)

Blanch the almond, put them through the meat grinder twice. Add the butter and mix thoroughly, add the salt and stir in the yolks of eggs. When this is thoroughly mixed, fold in the well-beaten whites of the eggs. Bake in lightly greased gem pans with about 2 tablespoons in each pan.

Note: To take the place of bread for the diabetic patient.

COCONUT CREAM SAUCE

Stand coconut milk in a cold place overnight. In the morning take off the cream, put it in a bowl and beat with an egg beater until light and frothy, heap it in a glass dish, and stand in the ice to harden. Use on gelatin or fruit puddings in cases of diabetes or tuberculosis.

LEMON JELLY

Cover one package of gelatin with one cup of cold water to soak for ½ hour; then add 2½ cups boiling water, stir until the gelatin is dissolved, add 1 cup of lemon juice, a teaspoon of beef extract, a teaspoon of celery salt; stir, strain, add 2 drops of tabasco and put it in mold to harden. Serve with cold meat or nest of lettuce with a little French dressing. Note: This recipe is also recommended for obese persons.

(CHRONIC) DIARRHEA

Kamoteng inihaw is excellent for diarrhea. Other digestible foods that could be taken are broth, rice gruel or "lugaw", scalded milk and other semi-liquid food with not too much fat.

Tea may be given both in the morning and afternoon.

BEEF TEA

¼ kilo of chopped lean beef	½ teaspoon salt
2 cups water	1 whole clove
1 bay leaf	

Put the meat through a meat grinder, add all the other ingredients and stand in a cold place for at least two hours, stirring now and then, bring to boiling point, simmer gently thirty minutes, and strain through a fine sieve. Press the beef well. When cold remove every particle of fat.

TIGER'S MILK

4 cups milk (cow's milk)	2 egg whites, well-beaten
¼ teaspoon cinnamon, ground	2 tablespoons powdered sugar
¼ teaspoon nutmeg, grated	A few drops of oil of orange extract

Scald the milk and add the cinnamon, nutmeg, and the oil of orange extract.

Beat the white of eggs and add it to the mixture. Sweeten it with sugar.

Mix, strain and keep in cold place or in the refrigerator. Add to each glassful, at serving time, a tablespoon of *blackberry brandy.* Give it slowly through a straw.

Note: This is a very desirable hot-weather-food for old persons who are inclined to diarrhea. The use of straw stimulates the gastric juices and aids in digestion.

YAM PUFF

4 large yams of sweet potatoes	⅓ cup sugar
¼ cup butter	2 teaspoons baking powder
2 well-beaten eggs	1 teaspoon salt

Peel potatoes and boil until soft. Mash and add the remaining ingredients. Beat well and put in buttered casserole. Dot with butter and bake about ½ hour or more until brown.

ECZEMA

One might say that eczema is a sort of first cousin to urticaria. As in all skin diseases, a correct diet is of cardinal importance in the cure of eczema. The stomach must be kept in good condition.

If one is anemic, a glass of milk with beaten egg white should be taken daily. Meat should be avoided but instead take plenty of milk and eggs. For this disease thorough mastication is essential.

Drink plenty of pure soft water between meals. Do keep the skin fresh and in trim condition with daily baths of soft water and neutral soap.

ORANGE MILK SHERBET

1 tablespoon unflavored gelatin	⅓ cup milk

Soften gelatin in milk 5 minutes in saucepan. Place pan in low heat until gelatin dissolves, stirring constantly. Remove from heat and let stand.

1¼ cups orange juice	⅓ cup light corn syrup
¼ cup lemon juice	¼ teaspoon salt
⅔ cup sugar	

Combine orange juice, lemon juice, sugar, corn syrup and salt. Stir until the sugar is dissolved.

1⅓ cups milk	Yellow food coloring
2 teaspoons grated orange rind	

Add milk, orange rind and gelatin mixture. Blend thoroughly. Add food coloring as desired.

Pour into 2 ice trays; place on top shelf or bottom of freezer. Set temperature control at the coldest point; freeze to mush (about 1 hour). Place in chilled bowl; beat smoothly. Return to ice trays; freeze until firm about 45 to 60 minutes.

TAPIOCA CREAM

¼ cup milk	1 tablespoon sugar
1 tablespoon tapioca (soaked overnight in 3 tablespoons cold water)	⅓ egg
	¼ teaspoon vanilla

Drain the tapioca, mix with sugar, and add slowly to milk which has been scalded in a double boiler. Cook till the tapioca is clear. Stir in gradually the beaten 1/3 egg yolk and fold in lightly beaten 1/3 egg white.

CREAM OF VEGETABLE SOUP

½ cup cooked vegetables, mashed or chopped	Salt and pepper
1½ cups milk	1 tablespoon flour
1 sliced onion	1 tablespoon butter

Cook vegetables, milk and onion in double boiler for 20 minutes. Rub through sieve, reheat, and bind. Season to taste.

POTATO SOUFFLE

Stir the well-beaten white of one egg into a mashed potato; heap it into an individual casserole or ramekin dish and bake in the oven until golden brown.

DIET IN FEVERS

How fortunate we are to live in this modern age. Over a century ago, most fever patients were starved because of the foolish phrase "starve a fever." We may quickly add that most of these patients died not only from starvation but because they were also bled.

In all fevers the processes of metabolism are increased — the patient needs more rather than less food. The protein is lost in greater proportions than the fats. The appetite is weak, the digestive organs lack the natural activity, and thirst is intense.

To alleviate the great loss of protein, large quantities of milk and milk preparations should be given.

Avoid solid foods. They are slow to digest, frequently decompose in the intestines and provoke serious new diseases.

As diet is of prime importance in fever cases, do not be guided by patient's appetite. The gnawing of a sick stomach does not always mean hunger. A little food taken often is the motto here.

All chilled fruit juices, fruit ades or just plain cool water help immediately in putting fever down.

ASS' MILK

- 2 tablespoons gelatin
- 1 cup cold water
- 1 cup boiling enriched rice water
- 2 cups cow's milk

Cover the gelatin with a cup of cold water, soaking it for about ten minutes. Add to it a cup of boiling rice water, remove from the fire and strain. When cold, add the cow's milk. Keep in the refrigerator until needed.

Note: This preparation is recommended for fever cases when temperature of the patient must be brought down. Rice water can be substituted with barley water.

MILK JELLY

Cover 2 teaspoons of gelatin with 1 cup of cold milk. Soak for half an hour. Heat it in double boiler, or stand bowl over hot water and stir until gelatin is dissolved.

Strain into 2 fancy individual molds, and stand at once on the ice.

Note: In case of fever, this must be served plain, without sugar or cream. Convalescing patients may dust it with powdered sugar and eat it with plain or whipped cream.

GELATIN WATER

Pare the yellow rind from one lemon and put it in a good-sized pitcher; add the sliced lemon, ¼ cup sugar, 2 cups boiling water, one tablespoon gelatin (that has been soaked in ¼ cup of cold water for a half hour.). Cover the pitcher and put in the refrigerator after it has been strained.

ARROZ CALDO WITH CHICKEN

- 1½ cups enriched rice
- 1 small chicken
- 1 inch cube ginger
- 2 segments garlic
- 2 stalks green onion
- 1 small onion
- 2 tablespoons lard
- 3 tablespoons *patis* or soy sauce
- 6 cups water

Dress and cut the chicken into convenient sizes, wash and clean well. Pare and slice the ginger thin. Sauté the garlic, ginger and onion. Add the chicken and flavor with 3 tablespoons *patis* or soy sauce. Cover, allow to simmer a few minutes. Add rice and water, stirring all ingredients together to avoid sticking to the sides of the pan. Cook over low heat for 20 minutes or until chicken and rice are cooked. Add chopped green onion stalks before serving.

CHICKEN WITH VERMICELLI

1 small chicken
1 small onion
1 small bunch green onions
1 package vermicelli
2 tablespoons lard
1 tablespoon *patis*
Salt to taste
Garlic

Boil the chicken until tender. Set the broth aside. Remove all the bones from the boiled chicken and cut meat into pieces.

Sauté the garlic, then the onion until brown. Add the chicken and *patis*. Simmer for a while. Add chicken broth and let boil. Add vermicelli. Season with salt. Garnish with green onions.

DISEASES OF THE HEART

It is a known fact among dieticians that the most common causes of heart troubles are irregular mode of life, an unbalanced diet or badly cooked foods.

The road to relief is through a straight and narrow diet. Foods must be well-selected, simply cooked and easily digested. Eating between meals or munching through several "meriendas" is strictly prohibited. The stomach must never be overloaded or palpitation will occur. Even a glassful of water before digestion is completed will cause flatulency and produce paroxysm.

Health rules include:

1. Do not eat too much during meals.
2. Never eat eggs, milk, and meat in the same meal.
3. Do not take soup at the beginning of the meal.
4. Avoid all rich sauces, salads, cooked fats, sweet dishes and over-starchy dishes.
5. Do not eat indigestable foods, coarse vegetables, dense raw fruits such as meats, pork, veal, clams, pink-fleshed fish, effervescing drinks, strong coffee and tea.

This may sound too severe to follow, but the *heart* is indeed a delicate organ and it is the life of our whole system.

SOPA DE ASPARAGUS CON PICADILLO DE GALLINA

Prepare good chicken broth, season with salt and pepper. Add asparagus stock, thicken with cornstarch diluted in little water. Add asparagus tips cut into 1-inch pieces, reserving the tops for garnishing. Bring to a boil. Drop in the finely chopped chicken breast meat which has been mixed with 2 egg whites. Garnish with small strips of ham and asparagus tops and serve hot.

GULAMAN WITH FRUITS

Boil 2 cups of water and put a small bunch of *gulaman*. Add 2 cups of sugar, a bottle of tru-orange or any flavor of soft drinks desired. Add diced fruits in season and let stand in cool place to harden.

INTESTINAL INDIGESTION

We all love to go to parties. We often forget ourselves and indulge in overeating starchy foods and sweets. Before we know it, a doctor has been summoned and we are found to have intestinal indigestion.

This disease is found among people who eat large quantities of bakery products (bread, cakes, pies, pastries, etc.) and at the same time drink two or three cups of tea or coffee. This form of indigestion is very common. The secretion of the intestines becomes dull and consequently, gases are formed.

The first advice would be to cut down at once the quantity of food to be taken, especially the fats, sugars and starches. A small quantity of food taken at frequent intervals will bring about a cure more rapidly than larger meals at one interval. Do not drink during the meal.

JUNKET

Into a small, clean bowl, put one teaspoon of Pepsencia (Essence of Pepsin) and add 1 cup of fresh cool milk. Stir gently to mix thoroughly.

Place the bowl in a dish or pan and pour into the larger dish or pan boiling water sufficient to come to the level of the mixture.

Let the bowl stand in the hot water for two minutes, then remove and let it stand until the milk is firmly jellied. When it is ready for use, serve just as it is or with sugar, grated nutmeg, etc.

To keep the junket, put it in refrigerator or in any cold place with ice.

If preferred, the milk and Pepsencia, as soon as they have been thoroughly mixed in the bowl, may be divided into small cups or individual molds; and the rest of the directions, followed as above. Junkets in small cups are more attractive to the patients.

RICE PUDDING

Put one tablespoon of unwashed enriched rice into 2 cups of milk and add a half tablespoon of sugar. When the sugar is dissolved turn into a small baking dish and bake one hour, stirring down the crust every ten minutes. This pudding must be like thick cream — not stiff enough to require a sauce.

GELATINIZED MILK

Wash ¼ of a box of vegetable gelatin in cold water, drain and add 2 cups of cold milk. Soak in a cold place for one hour. Put this in a double boiler, stir carefully until the gelatin is dissolved, remove from the fire, and when cold, add 4 cups of fresh sweet milk and put in the refrigerator.

LIVER TROUBLES

It is amazing to note how many disorders and diseases can be caused by the overindulgence of the palate. Overeating of rich or badly-cooked foods and overdrinking will frequently overtax both the digestive tract and liver.

Luckily, of all body organs the liver responds most quickly to a correct diet. Immediately cut off fried foods, sweets, entrees, sauces, liquors, pork, sea foods, tea, coffee, chocolate, for one year — then note the amazing change.

Give plenty of water between meals.

Fruits should take the place of desserts.

Fruit juices given once or twice a day is also advisable.

Green vegetables everyday are a *must*.

Masticate all foods well because mastication aids digestion which in turn aids in the activity of the liver.

Give the heaviest meal in the middle of the day, then have light supper.

SOFT-BOILED LUNCHEON EGGS

Boil 2 eggs for 5 minutes and plunge into cold water. Remove the shells, leaving the eggs whole. Serve them in purée.

Peas are made as folows:

Boil the peas until they are tender. Drain and force through a strainer. Moisten with water in which they have been cooked. Season with butter and salt. Reheat but take care that purée does not burn. It should be thicker than soup but thinner than mashed potatoes.

FRENCH POACHED EGGS

Fill a deep saucepan 2/3 full of boiling water, put it over a quick fire where it will boil rapidly. Take a wooden spoon or paddle, stir rapidly around the edge until the water forms a whirpool with a hole in the center. Break 2 fresh eggs into 2 separate saucers, drop one in the center of the water, keep up the whirling, drop in the second, keep the spoon going around the edge until the eggs are coagulated on the outside. Lift them carefully with a skimmer and put at once into an egg cup. Note: This is a very good way of preparing eggs when eggs are recommended for the nourishment of the patient.

AMPALAYA WITH EGGS

1½ cups *ampalayá*
2 to 4 tablespoons lard
¼ cup minced onion
½ cup sliced tomatoes
1 teaspoon minced garlic
1 cup of water
2 eggs, beaten slightly

Wash the *ampalayá*, cut lengthwise and remove the seeds and soft pulp. Cut the *ampalayá* crosswise into thin slices. Sauté the garlic and onions in 2 tablespoons lard. Add the tomatoes and water, cover and cook for 2 minutes. Add the sliced *ampalayá*, cover and cook for 3 minutes. Season with salt and pepper. Add the beaten eggs, spreading all over the vegetables. Cook over a slow fire until the eggs are slightly firm. Add lard if necessary to keep the eggs from sticking to the pan. Avoid stirring for this squeezes more of the bitter flavor of the vegetables and makes the dish unpalatable.

PNEUMONIA

Pneumonia is an inflammation of the lungs. It, therefore, calls for light stomach-digested foods devoid of fats.

Since fever and weak heart action accompany this sickness, do not give solid food. Be careful not to overfeed the patient. The weak heart must not be overtaxed.

One can give nourishing skimmed milk shaken with egg whites or plain milk containing not over 3% fat.

ALMOND MILK (FOR PNEUMONIA)

Blanch and grind ¼ lb. of almonds. Put butter into a pitcher and add a half pint of cold water gradually stirring all the while. Continue stirring for five minutes. Strain through double cheesecloth and set aside until palatably cold.

When almond milk is to be served two or three times a day, it is advisable to make the desired quantity in the morning, and keep it in a covered bottle on ice. Four ounces is given in each feeding.

ALMONDS AND MILK

Follow the recipe of almond milk and substitute milk for water. After straining, add ten grains of salt to each individual quantity.

BEEF PANADA

1 pound lean beef, chopped fine
1½ cups water
½ teaspoon salt
1 sliced onion
1 bay leaf
1 tablespoon celery seed

Mix the water and the beef, and soak for two hours in a cold place; then add all the seasonings. Stand the saucepan in another pan of boiling water and boil continuously for two hours. Strain in coarse sieve, rubbing through as much meat as possible. Serve hot with toasted bread.

RHEUMATISM

Rheumatism like typhoons is temperamental — usually coming with sudden changes of the weather. A rheumatic patient must therefore be protected against the sudden change. See that the patient is warmly dressed and that he lives in open air. These, coupled with correct food, will greatly help cure rheumatism.

A rheumatic patient should not eat too much pork or beef. Eggs, milk and chicken may be given instead. Milk or cream soup must take the place of meat soups. Green vegetables and fruits should be added to the diet. White-fleshed fish are far desirable than pink-fleshed ones.

Avoid all rich, highly seasoned nitrogenous foods, sauces, entrees and sweets.

Strange as it may seem, water is the keynote to recovery. Between meals a patient may drink one to two glasses of soft, cool but not ice water.

AMBROSIA

Remove the pulp from one orange or half a grapefruit. Arrange the flesh neatly on a glass of individual dessert, pour over coconut cream and serve.

(Without sugar, this can be taken by a diabetic patient. It is exceedingly good for the rheumatic and gouty, and gives a variety of long-continued diet for an invalid.)

BARLEY

Put 2 cups of boiling water in the upper part of a double boiler, add a teaspoon of salt, and when the water in under vessel is boiling rapidly, sprinkle in one cupful of barley. Allow each grain, if possible, to fall separately. Do not stir it. Cover and boil continuously for one hour. Dip this into the serving dish carefully, without breaking the grains. (Rolled oatmeal and rolled wheat are cooked in the same way.)

EGG SAUCE

Beat the yolk of one egg until creamy. Add slowly ½ cup of boiling water, stirring all the while. Stand the cup in a saucepan of hot water, and when the sauce has the consistency of mayonnaise, remove it from the fire, add a teaspoon of butter, a teaspoon of salt and a dash of lemon juice.

(Note: Serve as dressing on green vegetables. This is good for rheumatic patients.)

CHICKEN AND FRUIT SALAD

1 cup white meat of chicken
½ orange
½ apple
10 large grapes
10 salted almonds
½ banana
½ cup mayonnaise

Cut white meat of chicken in small pieces. Remove seeds from orange sections and cut in half. Cut grapes in halves, removing seeds. Split almonds. Slice banana. Dice apples. Add the mayonnaise and mix all the ingredients slowly but thoroughly. Serve chilled on lettuce leaf.

DISEASES OF THE STOMACH

A few Golden Rules for ordinary Dyspepsia are the following:

1. Masticate everything well.
2. Do not drink when the mouth is full.
3. Do not soften hard foods, as toasts or bread crusts, by dipping them in water, milk, tea or coffee.
4. Never drink tea or coffee at meals. A cup of milk flavored with coffee may be taken in the morning. Weak tea, with lemon and sugar, may be taken between lunch and supper.
5. Leave the table before you feel quite satisfied.
6. Eat food at moderate temperature, never too hot or iced.
7. Rest but do not sleep 30 minutes after each meal. In all gastric disorders the appetite often flags. This is nature's way of saying "Do not eat too much". Rest the stomach as much as possible.

TOMATO-CRAB SALAD

6 medium-sized tomatoes
2 cups crab meat
¼ cup chopped almonds
½ onion, chopped
1 hard-boiled egg
1 teaspoon lemon juice
Mayonnaise

Blanch the tomatoes and remove the seeds and skin. Chill in the refrigerator. Mix the crab meat, almond and onion. Season with salt, pepper and lemon juice. Add a little of the mayonnaise dressing and stuff the tomatoes. Sprinkle top with chopped hard-boiled eggs and decorate with parsley.

SINIGANG NA TALAKITOK

1 medium-sized *talakitok*
3 medium-sized tomatoes
1½ cups enriched rice water
Juice of *kalamansi* and salt to taste
1 bunch of *sigarillas* or string beans or any vegetable desired

Clean fish very well. Boil in about 1½ cups rice water with the tomatoes, salt and *kalamansi* juice. Then add the fish and the vegetables and cook until done. Add enough rice water for the broth. Season to taste.

TUBERCULOSIS

A great many lives can be spared if proper care is immediately given. The cure of tuberculosis depends largely upon rest, fresh pure air, and nutrition.

A patient who diligently follows health rules can be cured at home where perhaps he could get better care than in a poorly managed sanatorium.

The health rules include sleeping in a well-ventilated room and taking large amounts of milk and eggs.

As the dietician's problem in T. B. cases is always to keep up the appetite, she should provide a variety of pleasing ways of serving food. Be careful, however, not to overfeed the patient.

Nourishing ways of serving milk and eggs are called such as eggnog, custards or leche flan. Select the most suitable foods taking into consideration its availability, and the financial limitations of the patient. If eggs and cream are too expensive, substitute them with bacon, meat, stew, lentils or mongo, peanut and bean soup, oatmeal, milk and cereals, and cheaper fruits such as bananas, avocado and the like.

Large quantities of foods are called for, but if the digestion is upset, the whole scheme fails. Avoid too great a variety at a meal.

If indigestion occurs, stop all vegetable foods at once and give modified milk, albumin and milk, or whole wheat bread only.

All drugs should be avoided, except those prescribed by the physician. Cod liver oil should be avoided unless ordered. Depend on coconut creams, milk, and eggs, olive oil, nut soups, nut milks (especially those made from almonds) for your fatty foods. Unlike that for pneumonia, the diet for tuberculous patients calls for nourishing foods rich in cream. A glass of modified milk with a double quantity of cream given at bedtime will lead the patient to an early recovery.

MEAT CAKE

Clean ¼ kilo of tenderloin of beef. Take a blunt sliver knife and scrape the pulp of the meat fiber. Put that which you have scraped on a porcelain or ordinary china plate. Do not allow it to touch iron or tin. When you have sufficient scraped meat, make it into two small cakes about a half inch thick. Put these in a paper bag or in a piece of oiled paper and cook on a rack in a pan in a very hot oven for ten minutes. When done, place them on a hot plate, dust lightly with light salt and a bit of butter and serve immediately.

ALMOND-MEAT CAKE

Blanch six almonds and grind them fine. Add them to the meat cake. Cook as in meat cake. When done put them on heated plate. Add a few drops of lemon juice with the butter.

AVOCADO-PINEAPPLE SALAD

3 good-sized ripe avocados, sliced
1 cup diced pineapple
1 cup whipped cream
¼ cup chopped almond

Mix avocados and pineapple and a little of the almonds. Whip the cream and fold in mixture. Chill and garnish with chopped almonds.

COCONUT CUSTARD

Grate a coconut, pour over 2 cups boiling water, and stir for 2 or 3 minutes. Let it stand to cool, then strain.

Put the coconut milk in a double boiler, add a teaspoon of cornstarch moistened in a little cold water. Beat the yolks of 2 eggs with a tablespoon of sugar. Add them to the hot coconut milk. Stir until the mixture is as thick as soft custard. Remove from the fire and pour at once into serving dish. Beat the white of eggs to stiff froth, add 2 tablespoons of powdered sugar, and beat until fine and dry. Heap over the pudding, brown in the oven and set aside to cool.

CRAB CROQUETTES

2 cups crab meat
1 teaspoon onion juice
Salt and pepper
Chopped parsley
1 cup white sauce
Cracker crumbs or *biscocho*
1 egg, beaten

Chop the crab meat fine and add the seasonings. When well-mixed, add to the white sauce. Mold into croquettes, roll in cracker crumbs, dip in the slightly beaten egg, and then roll in the crumbs again. Fry in deep hot fat until golden brown.

White Sauce

2 tablespoons butter
2 tablespoons flour
1½ cups milk
½ teaspoon salt

Melt the butter without browning, add the flour and salt and cook until it is well-blended. Add the milk slowly, stirring all the while to keep from scorching. When the boiling point is reached, remove from fire and beat well, or until creamy.

SHRIMP SAUCE

(To Be Served with Fish)

- 1½ cups chopped cooked shrimps
- 3 tablespoons lemon juice
- Salt and pepper to taste
- 1½ cups white sauce
- 2 hard-boiled eggs

Soak shrimps in lemon juice for one-half hour and them to white sauce; when ready to serve add the finely chopped hard-cooked eggs and a little minced parsley and season with salt and pepper. Pour this over the fish.

BRUNSWICK STEW

- 2 tablespoons bacon grease
- 1 frying chicken
- 2 onions
- 3 cups water
- 3 tomatoes, peeled and quartered
- ½ cup sherry wine
- Salt and pepper
- 2 tablespoons butter
- ½ cup bread crumbs
- 2 teaspoons Worcestershire sauce
- 1 lb. fresh lima beans
- ½ cup okra
- 3 ears green corn

Brown the onion in the bacon grease; then add the chicken which has been cut in small pieces and seasoned. When chicken is done, pour off the grease and put chicken and onions in a dutch oven. Add the water, tomatoes, the sherry wine and Worcestershire sauce. Cook slowly over low flame for ½ hour, then add the lima beans, okra and corn cut from the cob. Let simmer one hour. Then add the butter and bread crumbs and cook ½ hour longer.

EGGS STUFFED WITH CHICKEN LIVERS

- 2 chicken livers
- ½ teaspoon onion juice
- 2 tablespoons butter
- 4 hard-boiled eggs
- ¼ cup grated cheese
- 1 teaspoon chopped parsley
- Worcestershire sauce to taste
- Salt and pepper

Clean the livers very thoroughly, chop them finely and sprinkle with onion juice; fry in butter. Cut the eggs in halves, remove yolks and put the whites aside. Force the yolks through a sieve, add parsley, salt, pepper, and Worcestershire sauce to taste, and then mix with the chicken livers. Refill whites with the mixture, sprinkle with grated cheese and bake until cheese melts. Serve with toast and a little tomato sauce.

ULCER OF THE STOMACH

(Gastric Ulcer)

It is of cardinal importance that we protect the stomach against all sorts of irritations. In this disease "an ounce of prevention is indeed more than a pound of cure". The stomach must be kept empty except at feeding time. The feedings should be sufficiently far apart to give the organ rest between meals.

In severe cases, an exclusive milk diet is best. This can be alternated with almond milk, arrowroot milk, gruel and albuminized milk.

It is often wise to go on a liquid diet until all signs of discomfort are absent. Do not begin with solid foods too soon—oftentimes, serious conditions consequently reappear.

Avoid all fried and highly-seasoned foods, sweets served with acid and coarse foods.

CREAM OF CORN SOUP

- ½ cup corn
- ½ cup cold water
- 1 cup milk
- ¼ sliced onion
- 1 tablespoon flour
- 1 tablespoon butter
- Salt and pepper to taste
- 1 egg yolk, beaten

Chop the corn, add the water, and simmer 20 minutes Rub through a sieve or food mill.

Scald the milk with onion; remove the onion. Melt the butter in a saucepan, add the flour, and gradually pour in the milk.

Blend all the ingredients and season with salt and pepper and cook thoroughly. Pour over the beaten egg yolk and serve hot.

ARROWROOT GRUEL

Moisten a teaspoon of arrowroot in two tablespoons of cold water. Add slowly 2 cups of boiling water, and boil ten minutes. Pour, while hot, into the well-beaten egg, add a teaspoon of salt. Serve. Cream may be substituted for egg if desired.

ORGEAT

Blanch and pound 24 almonds. Put them in a quart (4 cups) milk, stir, and strain. Serve cool.

This is a very easily digested and nutritive food.

STEAMED FISH WITH EGG SAUCE

- 1 medium-sized *apahap*
- 2 tablespoons vinegar or lemon or *kalamansi* juice
- A few green onions
- ½ teaspoon peppercorn
- A piece of crushed ginger
- 2 cups rice washings
- Salt to taste
- Sprigs of *kintsáy*

To the rice washings add all the above ingredients in a pan. Boil the fish until cooked just right. Lift it carefully from the pan to the platter. Garnish with sprigs of *kintsáy* and serve with the egg sauce prepared as follows:

- 2 tablespoons butter or fortified margarine
- 2 tablespoons flour
- 1 cup milk
- 1 hard-boiled egg, chopped
- ¼ cup cooked peas
- Salt and pepper to taste

Heat butter in a saucepan, add flour and blend well. Add milk gradually, stirring constantly. Season to taste, and add chopped eggs and peas. Pour over the fish.

DISEASES OF THE URINARY SYSTEM

It is a known fact that large amounts of protein-rich foods give undue work to the kidneys. The retained poisons influence the composition of the urine. Diseases such as kidney disorders which are caused by a faulty diet can be greatly modified by a correct diet.

For this disease a skimmed milk diet is recommended. The drinking of a large quantity of water is also advantageous. Oftentimes spring water or bottled water from the drug store has great curative powers.

After a cure has been initiated, a simple vegetable diet is recommended. All meats must be given up. Sugars and starches must be limited. Alcoholic and malt liquors are taboo.

Here, one's diet should be limited to fruits, green vegetables, milk and milk preparations.

Salt should be taken sparingly.

BAVARIAN CREAM

1 tablespoon of unflavored gelatin
¼ cup water
Softened gelatin in water
2 egg yolks
¼ cup sugar
¼ teaspoon salt
1 cup milk
1 teaspoon vanilla extract

Beat egg yolks; add sugar and salt. Gradually add milk; cook in low heat constantly, until slightly thick. Add softened gelatin; stir until dissolved. Add vanilla extract. Chill until slightly thick. Add:

2 egg whites
¼ cup sugar
1 cup whipping cream

Beat egg whites until stiff, gradually adding sugar. Whip cream; fold cream and egg whites into gelatin mixture. Pour into mold which has been rinsed in cold water. Place in refrigerator; chill until firm.

KEMPNER'S RICE DIET

Recently the rice diet, originated by Walter Kempner, has been used with favorable results in the treatment of acute and chronic nephritis and hypertension. The diet is monotonous; it must be continued over a long period of time to obtain good results; it is reported to be worthless if modified in any way. The original diet consists only of rice, fruits, fruit juices and sugar, supplemented with vitamins and iron. However, the basic diet may be modified after a time, and beneficial results justify its use.

KARELL MILK DIET
(Low Protein, Low Salt, Low Fluid, Low Calorie)

The quantity of fluid to be given must be determined by the physician.

For convalescents, a milk diet is used with increasing amounts of milk or the addition of cereals, bread, sweet butter and fruit. The salt content is usually kept to approximately 2 grams.

It is rarely necessary or desirable to keep up a strict Karell Diet for more than 4 or 5 days. Fruit juices are frequently a pleasing substitute for part of the milk.

URTICARIA

The skin is indeed a delicate and sensitive secretory organ which is so easily affected by habits, diet and exercise. Usually persons who eat indigestible foods or compounds or those who wash down their foods with coffee, or other beverages become bothered with skin eruptions especially in the hands. In the cold weather the skin of the face is red and coarse, and in warm weather, it is greasy.

To correct the condition, raw green vegetables with a little French dressing should be added to the diet. Fresh fruits and fruit juices are also recommended. A person suffering from this should drink plenty of water between meals.

ALOGBATE *AND SINGKAMAS* SALAD

1 cup *alogbate*, boiled in little water with salt
1 cup shredded *singkamás*
2 red tomatoes, sliced crosswise
French dressing

Marinate the cold, cooked *alogbate and singkamas* with French dressing. Arrange in symmetrical pattern on salad plate. Garnish with red tomatoes. Serve with French dressing.

BANANA-PEANUT SALAD

Slice 2 bananas crosswise and thin for an individual serving, and mix with 2 tablespoons of chopped peanuts. Add mayonnaise, mix lightly with a fork and arrange on lettuce leaves before serving.

(The mayonnaise can be substituted with French dressing if desired).

LEMON-MILK SHERBET

½ cup milk
3 tbsp. sugar
1 drop lemon extract or juice of ¼ lemon

Blend all the ingredients and freeze.

MILK TOAST

Use 1 cup of rich milk for 3 slices of toast. Heat the milk in a saucepan and season with a teaspoon of salt for each cup of milk. Pour the hot milk over the toast and serve at once. Clam broth may be added to the milk if desired.

CHEESE AND BANANA SALAD

Peel 4 bananas and cut in strips lengthwise and crosswise. Arrange on lettuce leaves, cover with cottage cheese forced through a sieve and sprinkle with chopped parsley and paprika. Serve with French dressing.

AVOCADO SALAD WITH FRENCH DRESSING

Chill 3 avocados or alligator pears. Peel, cut in halves, remove seeds, and cut in cubes. Marinate in French dressing. Serve on crisp lettuce. Sprinkle with chopped almonds or peanuts.

CARROTS AND PINEAPPLE SALAD

½ cup raw carrots, grated
½ cup canned crushed pineapple, well-drained
½ cup cabbage, ground
French dressing
Pimiento

Mix carrots, pineapple and cabbage. Moisten with French dressing. Serve on lettuce leaves and garnish with strips of pimiento.

PSYCHOLOGICAL ASPECTS OF FEEDING CHILDREN

Children of today are the men and women of tomorrow, the pillars of society and the strength of the country. Their health and happiness are assets to the community and constitute a great responsibility and challenge to parents who care for them. Intelligent feeding of children demands a knowledge of nutritional values and food needs as gauged by observable symptoms of physical, mental, and social growth. What foods are to be given to a child and at what age are often individual matters dependent upon the child's state of health, his digestive powers, the family's food habits based on customs, traditions or religious beliefs, the family's budget for food and at times upon foods available in the market. With all these in mind, one might wonder how children ever survived the years before the science of nutrition was developed. Fortunately, the necessary structural elements for growth and health are widely distributed in natural foods and despite differences in dietary practices among races or families, the majority of the people tend to include varied foods in their meals which adequately supply the body's food requirements. Moreover, it has also been accepted that foods for children are not judged on calories or vitamins and minerals alone since studies have shown that the child's appetite instinctively seeks a balanced diet unless he has developed prejudices against certain foods and provided he has been trained and offered a reasonable variety of wholesome natural foods. Feeding behaviors of children as reflected in their homes or school activities are often tangible evidences of care and attention or lack of them, with respect to dietary habits which insure maximum growth and development. Generally speaking, more attention should be devoted to the diet in early life than in later years, because the child's needs are proportionately greater, foods suitable for children are strictly limited and the child cannot make an independent choice but is dependent upon the provision and selection of the adults who care for them.

SUGGESTED GUIDE FOR FEEDING CHILDREN

The formative years in a child's development are his first six years of life. Normally, a strong robust body, a pleasant disposition and an alert mind are indices of proper nutrition. How a child develops all these desirable traits of health are often rooted deeply in the early training the child grew up with in food habits and practices. From the time the baby is weaned away from milk or at a time when his age and health warrant it, new foods are gradually introduced in his diet to supplement the indispensable vitamins and minerals in milk. It is obvious that the child's physical growth is accompanied by a relative increase of physical and mental activities which require a proportionate supply of energy and growth-producing foods.

Roughly, adequate planning of balanced meals for children should include the following:

(1) Milk (in any form) averaging at least 1 quart daily for those between 1-3 years.

(2) Meats, poultry, fish or cooked legumes daily, ½ tablespoons for a year old baby; 1 serving for pre-school child.

(3) Egg daily, (an extra egg can be a partial substitute for meat, though it is desirable to have both egg and meat daily).

(4) Vegetables, leafy, green or yellow ones, twice a day (some of it raw)
Leafy — 2 teaspoons for a baby
¼ - ½ cup for pre-school
Green or yellow — 1 - 2 tablespoons for baby
¼ - ½ cup for pre-school
Other vegetables — 3 - 4 tablespoons for baby
½ - ¾ cup for pre-school
1 - 1-1/3 cups for early school

(5) Fruits, 2 to 3 times a day. Fruits and fruit juices considered essential to daily diet should form part of at least one meal. Approximate amount needed:
8 — 4 tablespoons for baby
1 — 2 medium-sized fruits for pre-school
2 medium-sized for early school

(6) Whole grain cereals or bread, 2 to 3 times daily (preferably enriched)

The following diets are suggested to meet the child's food needs at different ages:

ONE YEAR OLD

Amounts and calories needed at 1 year:

Proteins	*Fats*	*Carbohydrates*	
3.5 Gm.	4.0 Gm.	12.0 Gm.	(per kilo of body weight)

The percentage distribution of calories in the diet should approximate: protein —15%; fats—35%; carbohydrates—50%. A diet so constructed furnishes 100 calories per kilo of body weight and may offer the following:

Breakfast:
1) Cereal (whole grain or enriched and well-cooked)
2) Whole egg

Lunch:
1) Vegetable (green or yellow in lumps)
2) Potato (or equivalent as macaroni, rice etc.)
3) Meat or fish (baked or boiled)
4) Fruit
5) Milk

Supper:
1) Cereal
2) Fruit
3) Milk

For mid-morning or afternoon snacks, fruit juices, milk or crackers may be given.

TWO YEARS OLD

Breakfast:
1) Fruit (orange, stewed prunes or bananas)
2) Cereals with milk
3) Bread or toast and butter
4) Milk

Lunch:
1) Meat, fish, or egg
2) Potato (or any starchy vegetables or rice)
3) Green or yellow vegetables
4) Raw fruit or vegetables (salad)
5) Bread or toast
6) Milk (in form of desserts, puddings, or gelatine)

Supper:

1) Cream or vegetable soup
2) Sandwich or bread
3) Fruit (cooked or raw)
4) Milk

For mid-morning and afternoon snacks, follow those given during the first year.

THREE YEARS OLD

Breakfast:

1) Fruit (juice or slices)
2) Cereals with milk
3) Enriched bread with butter
4) Milk

Lunch:

1) Meat, fish or egg
2) Starchy vegetables (potato, macaroni, noodles or rice)
3) Vegetables (green or yellow) with butter
4) Bread or toast
5) Fruit or baked or boiled custard for dessert
6) Milk

Supper:

1) Egg
2) Vegetable dish
3) Bread and butter
4) Fruit for dessert
5) Milk

FOUR TO SIX YEARS OLD

Amount and Calories for This Age Group

Proteins	*Fats*	*Carbohydrates*
2.5 Gm.	3.0 Gm.	11.0 Gm.

Note: 1 Gm. protein = 4.1 calories; 1 Gm. fat = 9.3 calories; 1 Gm. carbohydrate = 4.1 calories

The diet of a six-year-old should approximate 85 calories per kilo of body weight.

Basically, the diet for the older child follows the pattern set up for the 3-year-old, but may only be increased in quantity and varied in preparation. However, since the child's stomach is small, and digestion requires energy, it is well to avoid foods that waste space and energy and offer limited nutritional value, such as:

1) Foods high in fat content or cooked in fat or oil which digest slowly and do not offer growth factors, as fried foods, pastries, doughnuts, potato chips, fat meats, greasy gravies, mayonnaise, cream and desserts rich in fat or cream.

2) Foods high in sugar content that spoil the child's appetite for more nutritive foods, as carbonated drinks, fruits cooked in heavy syrup, rich frosted cakes, candies, griddle cakes, waffles, or French toast.

3) Highly seasoned foods which spoil the child's taste for bland milk or eggs, highly spiced meats and sausages, highly seasoned sauces, mustard or pickles.

POPULAR RECIPES FOR CHILDREN

CEREALS

Cereals made from whole grains and those enriched with vitamins are often the first solid foods introduced in the baby's diet, although there are babies who take to fruit more easily. Cooked or uncooked cereals are served with milk, fruit juices, sliced fresh fruits or any combination of them. Too much sugar is usually avoided as it quickly destroys the child's appetite for other foods. Whole grain cereals are more valuable than highly refined ones as they furnish the body with tissue-building protein, blood-building iron, bone-building phosphorus, growth-promoting and health-protecting vitamins B and G and are principally the cheapest source of energy. Well-cooked and strained cereals are introduced as early as 3-4 months or as soon as the child's health and digestive processes permit. At 9 months to 1 year, the coarser varieties are given and by 2 years, the child is ready to take dry and ready-to-serve cereals.

The following table is a helpful guide in introducing cereals:

CEREAL AND CEREAL SUBSTITUTES

Age	Cereal Foods Given
3-4 months	Strained pre-cooked cereals (thin consistency)
4-5 months	Strained cereals, whole grain types added
6-8 months	Potato, mashed, baked or boiled — thin consistency
9 months - 1 year	Cereals, coarse variety like oatmeal; mashed potato
1 year	Toast and milk or white sauce
1½ years	Crackers or Melba toast; sandwiches
2 years	Cereals, dry, ready to eat; macaroni with tomato sauce; bread, spiced or nut bread
3 years	Macaroni with white sauce and cheese
4 years	Hot bread, waffles, pan cakes, French toast
6 years	Potato, whole with butter and salt

TEMPTING WAYS TO SERVE CEREALS

Breakfast cereals need not always be the same familiar dish as children easily tire of them. Both cooked and ready-to-serve cereals lend themselves to variations thus making them attractive to children's fastidious appetites. The following are some tempting ways to serve cereals:

1) Cook cereals in milk or fruit juice instead of water.
2) Chopped or dried figs or raisins may be added to the cereal in the process of cooking — ¼ to ½ cup dried fruit to 1 cup cereal.
3) Garnish the cereals with fresh, cooked, or canned fruit before serving.
4) Sprinkle some flaked ready-to-serve-cereals over the bowl of cooked cereals.
5) Use a little syrup, molasses, or honey.
6) Beat up an egg and slowly stir into hot cereal before serving.
7) Mold cooked cereal in ramekins or custard cups and serve as pudding with milk or fruit juices.
8) If ready-to-serve cereals have lost their freshness, spread on a shallow pan and toast in slow oven.

BAKED NOODLES

4 cups cooked noodles
1 cup cooked ham, chopped
2 cups white sauce
⅔ cup grated cheese

Put layer of noodles in greased casserole; sprinkle with ham and cheese. Cover each layer with white sauce. Repeat until all noodles are used. Sprinkle top with cheese and bake in moderate oven from 20 to 30 minutes.

BREAD PUDDING

4 cups milk
2 cups bread cubes
3 eggs
½ cup sugar
3 tablespoons butter
1 teaspoon vanilla
Raisins if desired

Beat eggs slightly and combine with scalded milk and sugar; add bread cubes, melted butter and vanilla. Let stand for a few minutes and pour in buttered baking dish. Add raisins, if desired. Bake in moderate oven until done.

CHAMPORADO (*SAMPURADO*)

1 cup *malagkit* (rice)
1 cup evaporated milk
1 cup sugar
2 tablespoons cocoa
5 cups water
1 tablespoon vitaminized rice

Wash the rice in three rinses of cold water and drain. Add 4½ cups of water and vitaminized rice. Cover and boil for 8 minutes. Stir once in a while to prevent scorching. Mix the cocoa with ½ cup of water and pass through a sieve. Add the cocoa mixture and cook for another 7 minutes, stirring it constantly. Add the sugar and the milk. Stir for 2 minutes and remove from the fire.

CORN MEAL MUSH

¾ cup corn meal
1 teaspoon salt
1 cup evaporated milk
3½ cups water
1 teaspoon sugar

Sprinkle corn meal gradually into boiling salted water, stirring constantly until the mixture boils. Then place over boiling water or lower double boiler and continue cooking for about ¾ hour or until the water has been absorbed. Serve with milk and little sugar.

CINNAMON CRISPS

2 tablespoons sugar
1 teaspoon cinnamon
12 wafers
2 tablespoons melted shortening

Mix sugar and cinnamon. Brush top of wafers with melted shortening. Sprinkle with sugar and bake in moderately hot oven for 5 minutes.

CINNAMON TOAST

2 tablespoons butter
2 tablespoons sugar
½ teaspoon cinnamon
6 slices of bread

Cream butter, cinnamon and sugar. Spread over the toasted slices of bread, and broil in the oven until butter melts. Serve hot.

CHOCOLATE CHIFFON LOAF

1 envelope unflavored gelatin
¼ cup cold water
1 package, semi-sweet chocolate morsels
½ cup sugar
¼ teaspoon salt
½ cup milk
3 eggs
1 teaspoon vanilla
⅔ cup ice cold evaporated milk
1 tablespoon lemon juice
½ package vanilla wafers

Line a 5 by 9 by 3-inch loaf pan with wax paper. Soften gelatin in cold water. In top of double boiler put semi-sweet chocolate morsels, ¼ cup of the sugar, salt and milk. Cook over hot water, stirring until blended; beat with rotary beater until smooth. Beat egg yolks, add hot mixture slowly, stirring rapidly.

Return to double boiler and cook over hot water, stirring constantly, until thickened. Remove from heat, add gelatin and vanilla, stir until dissolved. Chill until thick. Beat egg whites until stiff, gradually add remaining ¼ cup of the sugar and beat until very stiff.

Whip evaporated milk with lemon juice. Fold in chocolate mixture and beaten egg whites. Place 5 wafers in a row in a loaf pan; turn in half the filling. Arrange the remaining wafers in a layer; add remaining chocolate mixture. Chill until firm. To unmold, invert pan and pull away paper.

CREAM PUFFS

Boil together:

One cup water and 8 tablespoons margarine. When briskly boiling, add 1 cup flour stirring vigorously until it forms a ball at center of pan. Remove from fire and add 5 eggs, one at a time, beating well after each addition.

Drop by spoonfuls in greased pan. Bake until cooked. Remove from oven. Make a slit near the bottom of each puff to admit filling made from:

2 cups diluted milk
5 eggs
⅔ cup sugar
4 tablespoons cornstarch

Beat mixture with eggs then cook over slow fire in double boiler, stirring constantly until it thickens. Flavor with 1 teaspoon vanilla.

HOMINY GRITS

1 cup grit
1 teaspoon salt
4 cups water

Follow the directions for corn meal mush. Cook for 1 hour in a double boiler. If cooked in direct heat, increase the water to 6 cups and use very low heat.

MACARONI WITH CHEESE AND WHITE SAUCE

½ pound macaroni
2 tablespoons butter
2 tablespoons flour
¾ teaspoon salt
1 cup milk
¼ pound grated cheese
1 *chorizo*, chopped
1 cup water

Break macaroni into small pieces and cook until tender in rapidly boiling salted water. Wash in cool water and drain. Make a white sauce by melting butter, adding to it the flour. When well-blended add the milk and water. Cook until thick and add the grated cheese and the chopped *chorizo*. Pour this sauce over the macaroni and pour over the baking dish. Sprinkle with grated cheese and brown in the oven.

MELBA TOAST

Slice day-old bread very thin. Put slices on a pan side by side and place in moderate oven for 15 to 18 minutes. Serve with milk and butter or jam.

NUT BREAD

1 cup sugar
¼ cup butter
1 egg
1 cup milk
½ teaspoon salt
3 cups flour
1 cup nuts
1 cup raisins
2 teaspoons baking powder

Cream butter and sugar. Add unbeaten egg and beat thoroughly. Add all the dry ingredients alternately with the milk. Set in a warm place to rise ½ hour or longer. Bake in moderate oven.

OATMEAL

2 cups rolled oats
1 teaspoon salt
4 cups boiling water
Milk

Add oatmeal to the boiling water in the top double boiler. Cook oatmeal slowly stirring constantly. Serve hot with milk or cream and sugar. Corn meal may be used instead of rolled oats.

SPOON CORN BREAD

½ cup yellow corn bread
1 cup boiling water
½ teaspoon salt
½ tablespoon butter
1 cup milk
2 eggs separated

Slowly add corn meal to boiling water, stirring continuously. Cook until thick; then add salt, butter and milk. Beat egg yolks and stir in thoroughly. Beat egg whites and fold into mixture. Place in shallow baking dish and bake for 30-40 minutes.

FRUIT TAPIOCA

¼ cup sugar
1 tablespoon tapioca
2 cups scalded milk
¾ cup fruit, diced
1 egg plus 1 egg yolk
½ teaspoon vanilla
Dash of salt

Blend the sugar, salt and tapioca in the upper part of double boiler. Gradually add the scalded milk, stirring briskly while adding. Cook until the mixture thickens and the tapioca is clear. Add the beaten egg and egg yolk and fruits. Cool, stirring constantly, and add vanilla. Chill and serve with cream or fruit sauce.

WAFFLES

1 cup flour
4 teaspoons baking powder
1 teaspoon salt
2 eggs, beaten
½ cup Wesson oil
1 cup milk

Mix flour, baking powder, salt. Beat eggs, add oil and milk, and add to dry ingredients. Pour 4 to 5 tablespoons on hot waffle iron and bake until crisp.

SOUPS

Cream and vegetable soups are excellent ways of introducing supplementary foods to a baby beginning his first year. Vegetable soups are particularly valuable for their minerals and vitamins which play a vital role in the structure and working of every part of the body of the growing baby. Care should, however, be given in the preparation of vegetables, as prolonged cooking or soaking in plenty of water removes much of those valuable minerals and vitamins.

APPLE SOUP

- 4 peeled, chopped apples
- 1 quart beef stock
- ½ teaspoon ground ginger
- Salt and pepper

Strain the beef stock and boil; throw in the chopped apples and stew until soft. Strain the soup and season with salt, pepper and ginger. Serve with plain boiled rice.

CREAM OF ASPARAGUS SOUP

- 3 cups white soup stock
- 1 cup asparagus
- 2 cups milk
- 4 tablespoons flour
- 1 sliced onion
- Salt and pepper

Separate the asparagus tips from the stalks. Boil the stalks in the soup stock until tender and rub through a sieve. Blend in melted butter and flour and add salt and pepper. Heat the soup again and add the milk and asparagus tips. Serve hot.

BEETROOT SOUP

- 3 beetroots
- 1 small head celery
- 1 pint stock or water
- 1 pint milk
- Salt and pepper

Boil the beetroots, then peel and chop them up with celery stalk. Heat the stock and milk in a saucepan and cook the beetroots and celery until soft enough to pass through a sieve. Strain the soup and season with salt and pepper. Serve with crackers.

CARROT AND TOMATO SOUP

- 4 carrots, sliced
- 2 tomatoes, cut in quarters
- 1 piece of bacon bone
- 1 slice onion
- 1 stalk celery, sliced
- 1 sprig parsley

Stew the sliced carrots in margarine with the onion, celery, parsley and bacon bone. Add the tomatoes and 1 teaspoonful of sugar. Moisten with the necessary quantity of stock; when the carrots are quite soft, remove the bacon bone and parsley, and pass the rest through a sieve. Serve with croutons.

CAULIFLOWER SOUP

(See page 7)

CREAM OF CABBAGE SOUP

- 1 small cabbage, shredded
- 1 medium-sized potato, sliced
- 1 small piece of butter
- 1 pint stock
- 1 pint milk
- Dash of salt and pepper

Boil the shredded cabbage in a saucepan with enough water to cover it. Add the potato and cook until soft. Mash up the potato in the soup, add the stock and milk and piece of margarine. Season with salt and pepper.

CHEESE SOUP

4 cups milk
3 tablespoons butter
3 tablespoons flour

¼ teaspoon salt
3 tablespoons grated cheese
1 tablespoon minced onion

Scald milk and mince onion. Melt butter, blend in flour and salt; then add the milk, gradually stirring constantly. Cook for 5 minutes and sprinkle grated cheese on top. Serve.

KIDNEY BEAN SOUP

1 pound kidney beans
½ cup cabbage
½ pint or a little more of tomato sauce
3 onions
Small slices of bread

1 leek
2 stalks of celery
Garlic
Salt and pepper
Oil
Little stock

Put the beans in a saucepan or in a casserole with the chopped vegetables and seasoning, 4 or 5 tablespoons oil, the tomato sauce, and a little stock. Bring to a boil and simmer very gently for 1½ to 2 hours, adding more stock or tomato sauce if necessary.

POTATO SOUP

1 pound potatoes, peeled
1 onion, sliced
1 ounce margarine

1 quart beef stock
1 dozen peppercorns
Salt to season

Fry potatoes and onion in margarine without browning them. Pour in the stock and peppercorns (tied in a piece of cloth) and boil for half an hour. Then rub through a sieve, season, dilute with milk, heat again and serve.

RICE AND OYSTER SOUP

2 large onions, sliced
¾ cup boiled rice
2 cups milk

2 cups oyster broth
1 chopped onion
1 segment garlic
Salt and pepper

Boil the shelled oysters for 10 minutes. Sauté the garlic and onion in lard or butter. Add the boiled rice, oysters, and oyster soup. Season with salt and pepper. When the mixture boils, add the milk and remove from fire. Serve with chopped onion leaves. "Tulia" may be used instead of oysters.

ARROZ CALDO WITH "GOTO" (TRIPE)

1 cup rice
2 cups boiled *goto*
1 small onion
2 segments garlic

2 tablespoons *patis*
2 stalks of onion leaves
Dash of pepper

Boil the *goto* and cook until tender. Cook the rice in the liquid where *goto* was cooked, until the rice reaches a porridge consistency, then add the chopped onion, pepper, *patis* to season and the *goto* cut into small pieces. When ready to serve, garnish with fried garlic and chopped onion leaves.

TOMATO SOUP

- 2 large onions, sliced
- 6 tomatoes, cut in quarters
- A piece of pork fat
- 1½ pints boiling water
- Grated cheese
- Salt and pepper

Cook the onions in pork fat for a few minutes; add tomatoes and cook a little longer. Pour in the boiling water with salt and pepper. Bring to boil and simmer until tomatoes are well-cooked. Sieve, sprinkle with grated cheese and serve.

Vermicelli may be added to soup if desired and cooked in it for 5 minutes before serving.

VEGETABLE SOUP
(Refer to Soups)

NOTE: Other soups recommended as "growing up" foods for children are: Vegetable Beef Soup, Beef Noodle Soup, Cream of Asparagus, Chicken With Rice, Chicken Noodle, Cream of Celery, Beef Soup, Green Pea, Split Pea Soup, Turnip and Potato Soup, *Misua* Soup, Clam Soup, Cream of Cucumber Soup, Corn Soup. Refer to Soup section.

MEAT

Beef, lamb, chicken and liver have been frequently recommended for children more than pork, veal, or ham. Children need an adequate supply of complete proteins which may be taken from meat; this may be introduced when a baby is about a year old. One serving of meat a day together with an egg, cereal products, and milk is sufficient to furnish the protein needed by the growing child. Meat contains not only quality proteins but also a good quantity of minerals like iron, phosphorus and sulphur. Although meat is generally considered as a poor source of vitamins, particularly Vitamin C which is not stored in the body, lean meat, kidney, sweet bread and liver are important sources of Vitamin B complex, especially niacin. Livers of marine animals contain abundant Vitamin D, while yeast, liver, and rice polishings are rich in Vitamin B complex. Vitamin C occurs widely in plant and animal tissues, but is abundant in fresh fruits and vegetables and to a less extent in meats.

Guide for Introducing Meat, Fish, and Poultry

Age		*Meat Given*
3 – 6 months	Beef juice; Soup	— beef, liver and vegetable
6 – 8 months	Scraped	— beef, lamb, liver, chicken (white meat)
8 – 12 months	Ground	— liver, beef, lamb, crumbled bacon
12 – 14 months	Minced Sieved	— steak, lamb chop, chicken (dark meat) — fresh fish
14 – 18 months	Minced Mashed	— roast lamb, beef — meat loaf
18 – 24 months	Minced Flaked	— roast veal, lean roast pork — fresh fish, canned salmon, sardines, tuna

2 – 3 years	Flaked — dried, salted fish Bite-size — frankfurters, luncheon meats
3 – 4 years	Bite-size — tongue, ham, stews, etc.
5 – 6 years	Bite-size — game, glandular meats, clams, oysters

BEEF AND PORK LOAF

8 slices bacon
½ kilo lean pork, ground
½ cup minced celery
⅛ teaspoon cloves
2 eggs, slightly beaten
½ kilo beef, ground
1 teaspoon salt
⅛ teaspoon pepper
1 cup condensed tomato soup
1 tablespoon parsley, minced
½ cup soft bread crumbs
1 small clove garlic

Arrange part of the bacon at the bottom of a greased loaf pan. Thoroughly combine all remaining ingredients and turn into the prepared loaf pan. Top with more slices of bacon. Cover with a buttered paper and bake in a moderate oven for 2 hours, removing the paper during the last 15 minutes of baking. Serve plain or with tomato or mushroom sauce.

GRILLED BEEF

4 thin slices sirloin or ribs
Green beans
Butter
Potatoes

Get thin slices of sirloin or ribs of beef and grill very quickly on each side. Serve quickly with butter, boiled green beans and mashed potatoes.

BRAIN OMELET

1 cup pre-cooked brain, diced
1 teaspoon sliced onion
1 medium-sized tomato
2 segments garlic
2 tablespoons lard
3 eggs slightly beaten
Salt and pepper to season

Sauté garlic, onion, tomatoes and diced brain. Season with salt and pepper. Remove the mixture from fire and when slightly cooled, add well-beaten eggs. Heat lard and cook the brain mixture. When evenly browned, cook the other side. Garnish with parsley or sliced lemon and serve.

CHICKEN CASSEROLE

1 medium-sized chicken
1 cup diced celery
1 cup diced carrots
2 tablespoons minced onion
½ cup fat or butter
1 cup thin cream
Salt and pepper

Cut the chicken in pieces for serving. Sprinkle with salt and pepper and brown in a little fat in frying pan. Arrange the chicken in a casserole and add the vegetables, the remaining fat, and cream. Cover and bake in moderate oven for about an hour or until tender.

HAMBURG CAKES

1 lb. ground round steak
1½ teaspoons salt
⅛ teaspoon pepper
½ onion, chopped fine

Mix the ground meat with chopped onion on a broiler pan and sear one side, then the other side. Broil 15 minutes and serve with butter sauce and buttered green or yellow vegetables. Season.

HAM LOAF

1¼ lbs. cured ham
2 beaten eggs
1¾ cups milk
¾ lb. fresh pork
4 slices whole wheat bread
¼ teaspoon paprika
Pepper

Grind ham and pork together. Pour milk over bread and let stand until soft. Add other ingredients and mix well. Shape into loaf pan and bake for 1 hour in hot oven.

LITTLE PIGS IN BLANKET

12 Vienna sausages
12 thin slices of bacon
Buttered toast

Wrap each sausage in a strip of bacon and fasten with a toothpick. Broil just enough to crisp the bacon (about 5 minutes). Cut slices of buttered toast into quarters and place one pig in each blanket or each piece toast. Garnish with parsley and serve.

LIVER DUMPLINGS

½ pound liver, sliced
2 egg yolks
3 tablespoons flour
1 onion, chopped
Bread crumbs
Milk

Mince the slices of liver with a sharp knife. Season well; add 2 egg yolks, 2 tablespoons flour, chopped onions and lastly the egg whites well-whipped. Add some bread crumbs soaked in milk and make into a paste with the liver mixture. Shape into balls and poach in boiling water for about 25 minutes. Serve with butter and croutons.

SCALLOPED CHICKEN AND SPAGHETTI

1 package spaghetti, boiled
2 cups cooked chicken, diced
1 cup tomatoes, stewed or canned
1 cup mushroom, sliced
¼ cup onion, finely chopped
¼ cup flour
2 segments garlic, chopped
¼ cup cheese, grated
2 cups chicken stock
Salt and pepper

Heat lard and sauté the garlic, onions, tomatoes and mushrooms. Add the flour and stir in chicken stock until well-blended. Season to taste. Add the chicken and cheese. Arrange the chicken mixture and spaghetti in layers in a greased casserole. Top with buttered crumbs and bake in moderate oven for about 25 minutes or until brown.

TRIPE (GOTO) CREOLE

- 1 kilo fresh tripe
- 1 onion
- 2 segments garlic
- 1 cup tomato sauce
- 2 carrots, diced
- 3 potatoes, diced
- 1 bay leaf
- Salt and pepper

Boil tripe in salted water until tender. Cool and cut into small strips. Sauté garlic and onion in lard. Add tomato sauce, boiled tripe, carrots, potatoes and bay leaf. Season with salt and pepper and simmer until vegetables are cooked.

Note: Other meat recipes that appeal to children's appetites are meat pies, meat puddings, hamburgers, veal casserole, meat stews, squab pies; stuffed and grilled chops, and meat turnovers. Different sauces and gravies usually accompany meat preparations.

FISH

Fish is of particular value in the diet of growing children because it is an economical source of protein needed for the growth of the body tissues. The protein of fish is complete and is interchangeable with meat. Lean fish or fish of the white, non-oily varieties is also more readily digested than beef and may be introduced at the age of 1 year; however, the more oily fish or canned fish may be introduced at the age of 2.

Baking, boiling, or broiling, are suitable methods of cooking fish. When given to children, care should be taken to crumble them carefully with the fingers to remove the bones.

BOILED FISH CAKES

- 1 pound cooked fish, finely flaked
- ½ cup milk
- 1 small onion, chopped fine
- 1 ounce margarine
- 1 tablespoon ham or bacon, chopped
- 1 egg, beaten
- A little flour

Fry onion in margarine with the ham or bacon. Stir in a little flour and the milk. Mix well and boil for a few minutes. Remove from fire and stir in the beaten egg and the flaked cooked fish. Let cool and shape into little balls and poach in boiling fish stock for 5 minutes. Serve.

BAKED FISH

- 1 pound fish, cut in sizes for serving
- ½ pint milk
- 3 teaspoons salt
- Bread crumbs
- Melted butter

Dip the pieces of fish in salted milk and then roll in fine break crumbs. Arrange them in a greased baking pan and sprinkle a little melted butter over them. Brown quickly in a hot oven.

CREAMED TUNA FISH ON TOAST

1 cup flaked tuna fish
1 cup milk
2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
½ teaspoon Worcestershire sauce
Strips of red pimiento
Sliced loaf bread without crusts

Melt butter in saucepan, add flour and stir until well-blended. Add milk and stir constantly until thickened. Add the flaked tuna fish, season with salt and Worcestershire sauce. Line the bottom and sides of muffin pans with sliced loaf bread to form cups. Bake in the oven and remove from muffin pans. Fill each crust with the creamed fish and garnish with red pimiento. Serve while crust is hot.

FISH FRICASSEE

½ pound white fish
2 sprigs of parsley
¾ pint milk or fish stock
½ ounce margarine or butter
1 teaspoon lemon juice
Salt and pepper to season
A pinch of nutmeg

Simmer the white fish in ¾ pint of water with the parsley and a pinch of nutmeg until partially cooked. Strain off the liquid and flake the fish. Then melt the butter or margarine in a saucepan, stirring in the flour and the fish stock or milk. Boil for 3 or 4 minutes. Season, add the flaked fish and lemon juice and serve hot.

FISH BALLS WITH "MISUA"

2 medium-sized *bidbid*
1 cup chopped pork
1 chopped onion
1 tablespoon salt
¼ teaspoon pepper
Misua

Clean the *bidbid* and force out the meat through a slit on the skin over the tail. Mix together fish meat, chopped pork, onion, salt and pepper. Form into small balls. Sauté garlic and onion and add water. When the soup boils, drop in the fish balls and cook until balls are tender. When ready to serve, add the *misua*. Garnish with chopped onion leaves and serve.

SALMON CROQUETTES

1 can pink salmon
2 onions
2 boiled potatoes
1 egg
4 to 6 tablespoons bread crumbs
Chopped pickles
Mayonnaise
Lard or margarine

Remove the spines from the pink salmon and drain. To the salmon, add chopped onion and mashed boiled potatoes. Add one beaten egg and bread crumbs. Form into small croquettes and fry. Garnish with chopped pickles and serve with mayonnaise.

(Left-over meat, pork, or chicken may be used instead of salmon.)

For children allowed to eat pastry, fish pie with potato pastry may be given for a change. The following potato pastry may be used.

POTATO PASTRY

4 ounces self-rising flour
¼ teaspoon salt
2 ounces of fat
2 ounces cooked potato, sieved

Sift the flour and salt and rub in the fat with the finger tips until the mixture looks like bread crumbs. Rub in lightly the sieved potatoes and a little cold water until they form a stiff dough. Roll out and use like ordinary pastry.

FILLETS OF FISH BAKED IN MILK

2 large fillets of fish
1 very small onion, thinly sliced
1 tsp. minced parsley
1 tsp. minced celery top
1½ cups milk
2 beaten egg yolks
2 tsps. softened butter or margarine
¼ cup grated cheese
Salt and pepper
A small piece of bay leaf

Wash the fish and pat dry; season with salt and pepper and place in a buttered baking dish, sprinkling over it the onion, parsley and celery, and bay leaf. Pour the milk over, and bake in a moderate oven until tender, about 15 minutes. Strain the liquor from the dish onto the beaten egg yolks and butter. Add more seasoning if necessary, then pour back into the dish over the fish. Sprinkle with the grated cheese and put back into the oven for a few minutes to brown. Serve as soon as possible after the cheese is browned and the sauce, slightly thickened.

BROILED FILLET OF FISH

1 fish
Lemon juice
Salt and pepper
Butter
Lemon and parsley
2 potatoes

Have the fish carefully filleted. Wash, pat dry, then rub with the lemon juice, salt and pepper, and brush generously with melted butter. Broil, turning and basting frequently with additional butter. Cover with butter sauce, garnish with quartered lemon and parsley, and serve with plain boiled potatoes.

EGGS

Because of the nutritive value of eggs, they are indispensable in the diet of children. Like milk, the protein and fat of eggs are readily digested and egg yolks contain ten times Vitamin A and twice as much Vitamin B as milk. The presence of iron and anti-rachitic Vitamin D makes egg a good and economical substitute for meat.

Eggs may be served hard-boiled, soft-boiled, poached and scrambled, cooked as ingredients or served in drinks. As early as 4 or 6 months, a baby may be given a hard-boiled yolk each day and by the time he reaches 12 months, he may be allowed to take the whole egg.

Guide in Introducing Eggs and Cheese:

Age	*Quantity*
3 — 9 months	A taste of yolk, gradually increased — mashed
9 — 12 months	1 whole yolk
1 year and over	1 whole egg with white given daily

CHEESE

Age	*Kind of Cheese*
9 months	Cottage cheese on crackers
1 year	Cream cheese — ½ teaspoon spread on cracker

Over 16 months	Cheese foods — small amounts
18 months	Cheddar cheese on bread or cracker
3 years	Cheddar cheese — small or pieces
Over 3 years	Cream cheese in sandwiches

BOILED EGGS

Bring water to a boil in a saucepan. Lower eggs on a spoon carefully into the water. Reduce heat to keep the water simmering not boiling until eggs have reached the desired degree of firmness.

Soft-boiled: 2 to 3 minutes
Medium-boiled: 4 to 5 minutes
Hard-boiled: 10 to 15 minutes

CHICKEN-STUFFED EGGS

Use 6 hard-boiled eggs, halved. Mince the yolks and combine them with 1 cup of chopped chicken meat, 1 cup of finely chopped celery, 2 tablespoons of chopped green pepper, 1 teaspoon of dry mustard, and ¾ cup of mayonnaise. Refill the whites. Garnish with tomatoes.

CREAMED EGGS AND MUSHROOMS

4 hard-boiled eggs
½ cup sautéed mushrooms
¾ cup evaporated milk
½ pound grated cheese

Scald milk in upper part of double boiler. Add chopped hard-boiled eggs, mushrooms and cheese. Serve on toast.

String beans, asparagus, potatoes or boiled ham may be used instead of mushrooms.

EGGS BAKED IN MASHED POTATOES

2 cups potatoes, mashed
2 eggs
Chopped parsley
Bits of margarine

Put a thick layer of mashed potatoes in a shallow baking dish and make four hollows in it. Into each hollow, break an egg and dot tiny bits of butter on each egg. Bake until eggs are set and serve with chopped parsley.

Variations:

Eggs may be baked with tomatoes, with bread sauce or with vegetables.

CUP CUSTARD

3 eggs
⅓ cup sugar
3 cups milk
¾ teaspoon vanilla

Beat eggs. Add the sugar, scalded milk and vanilla. Mix thoroughly and strain. Pour into 6 custard cups (4 oz. capacity). Place the cups in a baking pan with boiling water and bake in moderate oven for 30 to 35 minutes.

EGGNOG

1 egg, beaten	1 cup cold milk
1 tablespoon sugar	¼ teaspoon vanilla

Combine beaten egg with sugar; add milk and vanilla. Chill and serve.

Variations may be done by adding any of the following:

Chocolate eggnog — Add 2 tablespoons chocolate or cocoa syrup.

Caramel eggnog — Add 1 teaspoon caramel syrup.

Fruit juice eggnog — Use only the egg yolk and pineapple or orange juice instead of milk.

Banana-pineapple eggnog — Add 1 mashed ripe banana and 2 tablespoons pineapple juice.

MERINGUE

4 egg whites	1¼ cups powdered sugar
½ teaspoon vanilla	

Beat whites until stiff, add sugar gradually and continue beating until mixture holds its shape. Add vanilla flavoring, and drop by spoonfuls on baking pan lined with white paper. Bake in slow oven and remove paper when browned on top.

POACHED EGGS

For best results, eggs for poaching should be perfectly fresh. If the whites appear thin and runny, as they are likely to be when the eggs are not very fresh, a little vinegar or lemon juice may be added to the water (1 tablespoon to 1 cup water). This helps to coagulate the whites, but may very slightly affect the flavor.

Fill a skillet or shallow pan two-thirds full of water; add salt (½ teaspoon to 2 cups water) and bring to boiling point; reduce heat.

Break each egg into a cup before slipping one by one into the water. The water should cover the eggs and only as many eggs should be cooked at one time as will allow each to remain separated from the others.

When all eggs are in, cover and cook to desired degree of firmness, keeping the water simmering, not boiling. For soft-poached eggs, cook 3 to 5 minutes; the whites will be thoroughly coagulated, but the yolks, still soft inside. If firmer yolks are preferred, cook longer.

Lift eggs from water with a draining spoon. Serve immediately on hot, buttered toast, or split and toasted English muffins of crisp crusts.

Poached eggs may also be prepared in special egg-poacher pans.

POACHED EGGS AND BACON

Drain the poached eggs on a cloth. Arrange them on thin slices of bacon, well-grilled beforehand. Pour the fat from the bacon over the eggs, (Melted butter may be used if the bacon was prepared on a grill).

POACHED EGGS IN CHEESE SAUCE: Poach eggs in 2 cups of cheese sauce or deviled cheese sauce. Serve on broiled tomato slices on crisp, buttered toasts.

POACHED EGGS IN MILK

Substitute milk for water in poaching eggs. Pour the milk over each serving of poached egg on toast.

EGGS POACHED IN TOMATO SOUP: Poach 4 eggs in a can of condensed tomato soup.

POACHED EGGS IN POTATO

Bake some nice, large potatoes in the oven, without peeling them. Remove a piece from the top of each potato, and remove the insides, leaving only enough for them to remain firm. Mash a part of the pulp with butter and cream. Season. Use this as a filling for the potatoes. Place a poached egg in each potato. Cover lightly with brown sauce and brown well.

POACHED EGGS ON FISH

Make a nice creamy purée of fish. Spread it on rounds of buttered toast and surmount each by a poached egg.

Variations:

Poached Eggs on Ham
Poached Eggs on Tongue

WAYS TO SERVE POACHED EGGS

Poached Eggs in Hash Nest: Prepare corned-beef patties and top each serving with a hot poached egg. Serve with chili sauce.

Poached Eggs in Spinach Nest: Prepare spinach, top each serving with a hot poached egg.

Poached Eggs in Ham Nest: Cover rounds of buttered toast or split and toasted English muffins with thin slices of fried or broiled ham of the same size and shape, or spread with deviled ham. Top each round with a poached egg. Serve with Hollandaise cheese or mustard white sauce.

Poached Eggs on Savory Toast: Spread rounds of toast with a savory mixture. Top each round with a poached egg. Serve with a suitable sauce if desired.

EGGS IN POTATOES WITH SPINACH

2 large potatoes, baked	1 bunch spinach, boiled
4 eggs	Salt to season

Scoop out the inside of the baked potatoes. Put in a layer of spinach purée into each potato half and break an egg on each. Season and bake in the oven until the white is set.

EGG ON TOAST

3 slices toast	Salt and pepper
3 eggs	Butter

Butter each slice of toast. Poach the egg yolks in salted water until soft-cooked. Place one on each slice of toast. Beat the egg whites until stiff and spread around the yolks. Season with salt and pepper and brown in moderate oven.

SHIRRED EGGS

Butter a small individual baking dish and cover the bottom and sides with fine bread crumbs. Break an egg into each baking dish and cover with more bread crumbs and bake in moderate oven until the white is firm.

SAVORY SCRAMBLED EGGS

Mix with ordinary scrambled eggs, when the scrambling is near its end, some chopped parsley, tongue or ham, or some fish, or vegetables.

FRUITS AND VEGETABLES

Fruits and vegetables are important sources of food materials that contribute to good health and good looks. They appeal to children's appetite because of their variety in color, shape, flavor and texture, but they are principally valuable in the daily diet because of their mineral, vitamin and cellulose contents which add bulk to the food, thus helping prevent constipation. Peas and beans are rich in protein although they are not sufficient to replace animal proteins in the diet of a growing child. Fruits and vegetables may be served cooked or raw and are equally indispensable factors of good nutrition. General debility and deficiency diseases are inevitable results of insufficient body-building and body-regulating vitamins and minerals.

Suggested Guide for Introducing Fruits and Vegetables:

Age	*Fruits Given*
2 weeks	Juice of orange, tangerine, grapefruit, *kalamansi* or tomato
3 - 4 months	Mashed — ripe banana, apple sauce Purées — cooked peaches or apricots
6 months	Scraped raw apple, strained baked apple
8 - 9 months	Mashed — raw, fresh fruits or cooked, dried fruits
1 year	Skinned and mashed fruits; strained, cooked, dried fruits; Juices — grape, lemon, *kalamansi*
14 - 18 months	Strained, cooked, fresh berries, canned fruit cocktail

Over 2 years	Grapes, fresh berries, cooked orange and grapefruit pulp; raw, dried fruits, seedless raisins, melons, cantaloupe, avocado
Over 5 years	Orange and tangerine segments, canned, cooked and raw, fresh pineapple, canned fruits, raisins, watermelon
Over 6 years	Raw, unpeeled apples, etc.

Age	*Vegetables Given*
3 – 4 months	Puréed cooked carrots, beets, beet greens, spinach, broccoli
5 months	Strained or mashed, cooked string biens, wax and lima beans, asparagus, green peas, pumpkin, tomatoes, squash, turnips
6 months	Mashed, cooked — leeks, cauliflower, artichokes, dandelion greens
8 months	Mashed or bite-size cooked beans, mustard greens, Brussels sprouts, cabbage
1 year	Mashed or cubed sweet potatoes; puréed dried peas and beans, grated raw carrot
1½ years	Chopped or shredded, raw cabbage, cauliflower, celery, chicory, escarole, lettuce, onion, green peas, peeled tomatoes, string beans
2 years	Bite-sized cooked eggplant, mushrooms, okra, beans, raw carrot, lettuce, cabbage leaves, string beans, tomatoes
3 years	Raw vegetables, sliced or shredded
4 – 5 years	Scraped celery stalks, raw vegetables

BAKED STUFFED POTATOES

Bake or boil potatoes. Cut in halves lengthwise to two shallow shells, or ut off a slice from top to make a deeper shell.

Scoop out insides; mash or press through a ricer. Add hot milk, butter or argarine, and seasonings as directed for mashed potatoes. Beat until fluffy. ile the mixture lightly in potato shells. Sprinkle with paprika and grated cheese f desired. Return stuffed potatoes to oven or place them under broiler for a few inutes to brown.

Flaked fish
Minced cold meat, onion and parsley
Mixed, freshly chopped herbs
Finely chopped, cooked ham, bacon, or tongue
A little sausage meat
An egg

CABBAGE AND CELERY CASSEROLE

½ cup chopped celery
1 tablespoon butter
3½ cups cabbage
1 cup white sauce
½ teaspoon salt
¼ cup bread crumbs
½ teaspoon pepper

Cook celery in 3 tablespoons butter and add the cabbage. Cook 10 minutes and transfer to a greased baking dish. Add the white sauce and season with salt and pepper. Top with bread crumbs and dots of butter. Bake in a moderate oven for 15 minutes. Grated cheese may be sprinkled on top before serving.

CARROT SOUFFLE

2 cups cooked carrots, put through ricer
2 teaspoons scraped onion
3-4 eggs
½ cup milk
½ cup bread crumbs
1 teaspoon salt
1 teaspoon sugar
Pepper, if desired

Combine carrots, seasonings, crumbs, and milk. Beat eggs separately and fold in. Bake in moderate oven until brown and firm.

FRENCH PEAS

1 quart shelled peas
¼ cup butter
½ cup sugar
½ head lettuce
1 cup water
1 teaspoon salt

Place shelled green peas in a saucepan. Add butter, sugar, lettuce, salt, and water. Cover and cook peas until tender.

POTATO PUREE VARIATIONS

Mashed potatoes can be served in varied ways to make a recalcitrant child eat a vegetable which he would otherwise refuse. The following are a few suggestions:

Potato and Apple Purée — 2/3 potatoes oval, 1/3 not too sweet apples
Potato and Carrot Purée — Half and half
Potato and Beans Purée — Half potatoes and half beans
Potato and Onion Purée — Half and half
Potato and Spinach Purée — Half and half, or any proportion desired
Potato and Turnip Purée — Half and half

SWEET POTATO PUDDING

1 cup grated sweet potato (raw)
½ cup butter or margarine
1½ cups sugar
1 cup milk
3 eggs
1 teaspoon vanilla

Cream butter and sugar and add eggs one at a time, beating thoroughly after each addition. Add potatoes, mix well; then add milk and flavoring. Pour into buttered pudding dish and bake 1 hour in moderate oven. Serve with butter sauce.

BUTTER SAUCE

¾ cup butter or margarine
1 cup powdered sugar
2 tablespoons brandy

Cream butter, add sugar gradually, alternating with brandy. Drop a teaspoonful on each serving of pudding just before serving.

AVOCADO SURPRISE

2 avocados cut in halves
6 tablespoons grated cheese
2 tablespoons chopped nuts (cashew or peanuts)
2 *lacatán* bananas cut in small cubes
French dressing (mayonnaise and cream dressing)
Lettuce leaves

Cut avocado in halves and remove pit. Marinate bananas cut in cubes and chopped nuts in French dressing. Fill the avocado halves with the mixture and garnish top with grated cheese. Serve on lettuce leaves.

FROZEN FRUIT SALAD

1 tablespoon unflavored gelatin
¼ cup cold water
3 tablespoons lemon juice
½ cup sugar
1 cup diced pineapple
1 cup sliced peaches
2 diced bananas
1 cup salad dressing
1 cup whipped cream
Red cherries

Soften gelatin in cold water for 5 minutes, then dissolve in hot water. Combine lemon juice, sugar, diced fruits and gelatin. Fold in salad dressing and whipped cream. Pour over individual molds or freezing tray and freeze. Serve on crisp lettuce leaves and garnish with red cherries.

PINEAPPLE COLESLAW

2 cups shredded cabbage
1 cup shredded pineapple
½ cup heavy cream
1 celery stalk, cut fine
3 tablespoons vinegar
¼ teaspoon salt

Combine shredded cabbage, pineapple and celery. Mix well. Beat cream until stiff, then add vinegar and salt. Pour over cabbage-pineapple mixture and chill.

To vary, carrots may be used instead of pineapple.

PINEAPPLE-CRAB SALAD

6 boiled crabs or *alimasag*
1 can crushed pineapple
¼ cup mayonnaise
1 celery stalk
Parsley and lettuce
1 teaspoon salt

Drain crushed pineapple thoroughly and add flaked meat of crabs. Add celery, cut in short strips, salt, and blend in mayonnaise. Refill crab shells and set on a bed of lettuce. Garnish with parsley.

VEGETABLE-SHRIMP SALAD

- 1½ cups boiled shrimps (shelled)
- 1 celery stalk, cut in short strips
- 1 large dill pickle, cut in cubes
- 2 carrots, cut in cubes
- 1 cucumber, cut in cubes
- 1 small can sweet peas
- Pimiento strips
- ½ cup mayonnaise
- French dressing

In a bowl, mix boiled shrimps with carrots, cucumber, celery and pickles. Marinate in French dressing and drain. Add ½ can of sweet peas and fold in the mayonnaise. Garnish with the remainder of peas and strips of pimiento. Chill and serve.

CARAMEL BANANAS

- 4 bananas
- 4 tablespoons butter
- ½ cup thick cream
- ¼ cup sugar
- 1 teaspoon vanilla

Peel bananas, split lengthwise, and arrange on serving dish. Prepare caramel sauce by cooking sugar, 3 tablespoons cream, and butter until thick. Remove from fire and add the vanilla. Pour while hot over the bananas. Whip the remainder of cream and cover the bananas with it. Serve.

CANTALOUPE-COCONUT MOLD

- ⅓ cup quick-cooking tapioca
- ¼ teaspoon salt
- 1 cup shredded coconut
- 1 cup small cantaloupe balls
- 1 cup watermelon balls
- 2 cups water
- ¾ cup strained honey
- ¼ cup lemon juice
- Sweetened, whipped cream

Shake the tapioca gently into the salted, rapidly boiling water and cook 5 minutes, stirring constantly. Add the honey and coconut and continue cooking until the mixture thickens, stirring frequently. This will take about 5 minutes. Remove from the fire, add lemon juice, and cool. Stir in the cantaloupe and watermelon balls. When the mixture cools and thickens, turn into a mold previously wet with cold water, and chill. Unmold and serve with whipped cream, sweetened and flavored.

STEWED PRUNES

- 1 pound prunes
- ½ cup sugar
- 3 cups water

Soak prunes overnight. In the morning, add sugar and water, and simmer until prunes get soft. Serve in cereal dish with milk.

CHEESE AND MARMALADE SANDWICH

Use brown bread. Spread one slice generously with well-drained cottage cheese seasoned with salt, pepper, and onion juice. Top with lettuce. Spread another slice of bread with orange marmalade and adjust over the first slice. Cut into four triangular sections and garnish with a small slice of tomato, topped with a slice of stuffed olive.

CHEESE-PINEAPPLE SANDWICH

1 can Kraft cheese
1 can evaporated milk
1 teaspoon salt
1 can crushed pineapple

Grate the cheese. Put in the upper part of the double boiler with the milk and salt, and place on the stove. When hot, remove at once and cool, then add the crushed pineapple and spread on buttered bread. This mixture is enough for four loaves of sandwich bread.

MAGIC FRUIT CAKE

1 lb. dates, cut fine
½ lb. grated coconut
½ lb. broken pecans
1 can condensed milk

Stir all ingredients well. Put in a shallow cake pan and bake in a slow oven until slightly golden brown or for 25-30 minutes.

BANANA CAKE

¼ cup butter
½ cup salad oil
2 cups sugar
4 eggs, well-beaten
1½ cups ground nuts
1½ cups ground raisins
6 ripe bananas
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon nutmeg
2 teaspoons soda
½ teaspoon salt
1 teaspoon vanilla
3 cups flour

Cream butter, oil and sugar. Add eggs, flour, and crushed bananas. Add spices, soda and salt, vanilla, nuts and raisins. Bake in 3 layers and fill with caramel icing prepared as follows:

CARAMEL ICING

3 cups sugar
1½ cups cream

Boil these together until a soft ball is formed in water. Brown 1 cup sugar and add to the mixture. Add a dash of butter, beat well, and spread on cake.

CORN PUDDING

2 cups milk
1 can of corn
1 tablespoon sugar
2 tablespoons melted butter
¼ cup chopped green pepper
1 teaspoon salt
¼ teaspoon pepper
3 eggs, well-beaten

Add milk, corn, butter, sugar and seasonings to eggs and green peppers. Turn into greased casserole and bake in moderate oven for 45 minutes or until pudding is set.

CHEESE PUDDING

¼ cup grated cheese
1½ cups milk
¼ cup butter
2 eggs
3-4 slices of bread
¼ cup sugar

Cut crust from bread, butter, and cut into small cubes. Beat eggs, add milk, sugar and cheese. Combine with bread; let stand 3 or 4 hours in greased pan and bake in moderate oven for 15 to 20 minutes. Serve hot.

GRATED SWEET POTATO PUDDING

1 lb. raw, grated sweet potatoes
3 eggs, well-beaten
2 cups sweet milk
¼ teaspoon salt
½ teaspoon allspice
½ cup syrup
2 tablespoons butter
½ teaspoon cinnamon
½ teaspoon nutmeg
½ cup raisins

Mix all ingredients and turn into buttered baking dish. Bake in slow oven for 1 hour, stirring occasionally.

BANANA MILK SHAKE

1 fully ripe banana
1 tablespoon sugar
1 cup cold milk

Slice banana and beat with rotary beater until creamy and can pass through a sieve. Add sugar and the milk until well-blended. Serve cold.

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